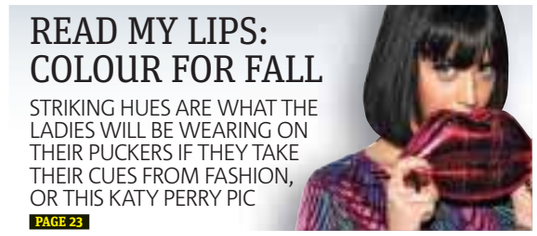
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 22 SHOPPERS DRUG MART

WINNIPEG metro®

NEWS WORTH SHARING.

ON TIME Electric • Plumbing • Heat & Air
www.ontimegroup.ca
It's Time To Call... 204.774.1474
Duct & Furnace Cleaning Includes 14 Vents
Regular $229.99 Special Price $144.95 Save $85
Extra vents add $8.95 per vent. AC or High Efficiency Furnaces add $39. Offers expire Oct 31.



READ MY LIPS: COLOUR FOR FALL

STRIKING HUES ARE WHAT THE LADIES WILL BE WEARING ON THEIR PUCKERS IF THEY TAKE THEIR CUES FROM FASHION, OR THIS KATY PERRY PIC

PAGE 23

0% Financing
IMAGE PLUS LASER EYE CENTRE
Call: 94-FOCUS • imageplus.ca

Artifacts unearthed at CMHR site

Among the bones and artifacts recovered by archeologist Sid Kroker and David McLeod of Stantec Consulting, seen in the background, were horse remains. BERNICE PONTANILLA/METRO

Aboriginal gathering place. Wealth of finds supports The Forks' reputation as strategic site where many First Nations assembled

Tools, pieces of ceramic pots and other artifacts dating as far back as 900 years are shedding new light on the role an area of modern-day Winnipeg played in aboriginal lives.

Officials with the Canadian Museum For Human Rights, along with archaeologists, revealed Wednesday some of the 400,000 artifacts retrieved during construction of the building, which sits at the junction of the Red and Assiniboine rivers — a place where aboriginals gathered for centuries.

Some fragments of ceramic pottery include a mixture of styles seen in First Nations pieces to the south and west. The discovery reinforces the idea that The Forks, as the site is known, was a meeting place of different cultures, said Mireille Lamontagne, the museum's manager of education programs.

"So we start to ask questions as to how were people travelling, were they intermarrying and then sharing those traditions?"

The dig also uncovered 191 hearths or fire pits, which may suggest The Forks was more than just a gathering place — it may have also seen seasonal habitation.

Archaeologists also found maize and bean residues on ceramics, as well as hoe fragments, which suggests farming took place there centuries ago. Officials cautioned, however, that the farming implements could have been brought in from elsewhere.

Another find — an intact ceremonial pipe — is similar to those made by aboriginals far to the south and further supports the notion that sophisticated trade networks existed, Lamontagne said.

The fact that artifacts from many different cultures were found in one place also backs oral histories among local aboriginals concerning a large peace gathering of more than a half-dozen First Nations about 500 years ago.

The Forks was a location prized by many, Lamontagne said.

"It's clear ... that the wealth of resources, both plant life and animal life, made it such an attractive place to stop. It was also a strategic location, specifically in terms of things like warfare or political interaction." THE CANADIAN PRESS

Prized location

"...the wealth of resources, both plant life and animal life, made it such an attractive place to stop. It was also a strategic location, specifically in terms of things like warfare or political interaction."

Mireille Lamontagne, the museum's manager of education programs

MOPAR EXPRESSLANE FAST OIL CHANGES & MORE
OPEN LATE! MON & TUES UNTIL 9:00PM
FAST SERVICE FOR BUSY PEOPLE WWW.WINNIPEGDODGE.CA
WE ONLY USE GENUINE MOPAR PARTS
OIL CHANGES IN 20 MINS OR LESS!
WINNIPEG DODGE CHRYSLER • JEEP • RAM POINTE WEST AUTOPARK
204-772-7772
NO APPOINTMENT REQUIRED!
OIL CHANGES STARTING AT $24.95
3965 PORTAGE AVE. POINTE WEST AUTO PARK • STORE HOURS: MON-TUES 7:30AM-9PM, WED-FRI 7:30AM-6PM, SAT 8:00AM-4PM

HURRY! THESE OFFERS WON'T LAST LONG

SUPER BONUS EVENT

SAFEWAY

August 28 – September 2, earn

100 BONUS AIR MILES reward miles

with a $100 grocery purchase.†

Shell

AIR MILES Cash Sponsor

Until September 2, earn

10x the AIR MILES reward miles

with a minimum $20 Shell V-Power® premium fuel purchase.††

RONA

AIR MILES Cash Sponsor

Until September 5, earn

20 BONUS AIR MILES reward miles

with a purchase of a 3.78 L can of paint.†††

Michaels

Where Creativity Happens™

August 30 – September 2, earn

10 BONUS AIR MILES reward miles

when you spend $25 or more at Michaels.‡

LIQUOR MARTS

August 29 – September 1, over

110 BONUS AIR MILES reward miles

available to be earned on select products at Manitoba Liquor Marts.‡‡‡

TIMBER MART

August 30 – September 4, earn

100 BONUS AIR MILES reward miles

when you spend $100 or more.‡‡

Reward yourself instantly with AIR MILES Cash

1 ACTIVATE your account at airmiles.ca/cash

2 SHOP and earn towards your AIR MILES Cash balance

3 REDEEM instantly towards your purchases using your AIR MILES reward miles

Visit airmiles.ca/superbonusevent1 for details.

AIR MILES Travel and More

†**Safeway**: Offer valid August 28 – September 2, 2013. Earn 100 BONUS AIR MILES with a minimum $100 Safeway grocery purchase made in a single transaction. Limit one Bonus offer per transaction. Coupon must be presented at time of purchase. Not valid at Safeway Liquor Stores. Coupon excludes prescriptions, diabetes merchandise, insulin pumps, insulin pump supplies, blood pressure monitors, tobacco, transit passes, gift cards, enviro levies, bottle deposits and sales tax. Other exclusions apply. See Customer Service for complete list of exclusions. ††**Shell**: Offer valid July 29 – September 2, 2013 at participating Shell locations. Minimum $20 Shell V-Power® premium fuel purchase required per transaction to earn the 10x offer. Maximum number of 290 reward miles to be awarded per qualifying transaction. This Bonus offer can be combined only with other AIR MILES Bonus offers requiring in-store payment. ®™Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Shell Canada Products. ®Trademark of Shell Brands International AG. Used under license. †††**RONA**: Offer valid August 16 – September 5, 2013 at participating RONA stores. This offer can be combined with other AIR MILES offers. Some conditions apply. Coupon required. Details in-store. ‡**Michaels**: AIR MILES® Offer valid August 30 – September 2, 2013 on a purchase of $25 or more including taxes and service fees, at Michaels locations in British Columbia, Alberta, Saskatchewan, and Manitoba. Qualifying purchase must be spent in a single transaction. No coupon required. Does not include Michaels® Buy the Bunch,™ Customer Special Order Service. Other exclusions may apply. Reward miles will be posted to AIR MILES Collector Account within 60 days of purchase date. Michaels and the Michaels logo and other trademarks and logos used on this site are owned or licensed by Michaels Stores, Inc. All rights reserved. ‡‡**Timber Mart**: Valid at participating TIMBER MART locations only. Valid only on retail "Cash and Carry" purchases, excluding taxes and Gift Cards. Limit one (1) Bonus offer per AIR MILES Collector Account. Offer cannot be combined with any other Bonus offer promotion. Bonus offers are not cumulative. Offer valid August 30 – September 4, 2013. ‡‡‡**Manitoba Liquor Marts**: Offer valid from August 29 – September 1, 2013. No coupon required. May not be available at all Manitoba Liquor Marts. No cash surrender value. While quantities last. **AIR MILES**: ®™Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. Sponsor and Supplier trademarks are owned by the respective Sponsors and Suppliers or authorized for their use in Canada.

Dougald Lamont

Liberal hopeful focusing his campaign on jobs

The second candidate to join the Manitoba Liberal Party's leadership race is taking aim at stagnating wages and incomes, calling it the "most important economic and political issue of our time."

Dougald Lamont, who launched his bid at the Manitoba legislature on Wednesday with his wife and children by his side, said his campaign will focus on creating better-paying jobs for Manitoba families and young people.

In a press release, the 44-year-old cited a comment by economist Miles Corak that after 35 years of economic growth, the average Canadian family is actually $3,000 worse off.

The Manitoba Liberal leadership convention is slated for Oct. 26. METRO

Repair work

Arlington Bridge to stay closed until Sept. 9

The Arlington Bridge is staying closed about a week longer than expected, the City of Winnipeg has announced.

The overpass was supposed to reopen on Aug. 31, but that date has been pushed back to Monday, Sept. 9, at 6 a.m. to complete repairs to the bridge work.

In a press release, city officials said the east sidewalk will continue to be open during this period for pedestrian traffic and motorists are asked to continue to use alternate routes. METRO

Of course, you realize this means war

Like the Winnipeg Blue Bombers, this car has seen better days. Saskatchewan Roughriders fan Nichole Rintoul and her daughter Sierra enjoy the sight of this Ford Taurus, adorned with Bombers colours and logos, after Nichole bashed it repeatedly with the sledgehammer she's holding in Regina on Wednesday. She was one of many Rider fans to smash the car to bits as part of an event aimed at building excitement for the CFL's Labour Day Classic on Sunday between Saskatchewan and Winnipeg, while also raising money for the Kidney Foundation of Canada. ROSS ROMANIUK/METRO IN REGINA

The Forks may host 2015 FIFA Fan Fest

Women's soccer. Fans would be able to watch matches taking place across Canada on massive screens

The Forks is being touted as a host venue in 2015 for a beloved part of FIFA World Cups — the Fan Fest.

Peter Montopoli, CEO of the national organizing committee for the FIFA Women's World Cup 2015, told Metro during a visit to Winnipeg earlier this month the city's famed meeting place would be a great location to bring fans together to watch matches being played in other Canadian host cities on giant TV screens.

"We're planning and looking at different locations where we can do some type of celebrations during the course of the FIFA Women's World Cup, whether it be at The Forks or another destination," said Montopoli.

"It gives everybody a chance to be a part of all 52 matches."

The Fan Fests have become a major part of the FIFA World Cup experience. During the men's competition in South Africa in 2010, Fan Fests were held not only in that country but in cities across the globe.

Alison August, marketing and communications co-ordinator with The Forks, said while no formal conversations have taken place, they welcome the idea.

"When there's major events happening in Canada and in Winnipeg, Manitoba, we are thrilled to be a part of them," she said.

The FIFA Women's World Cup will take place in six Canadian cities from June 6 to July 5, 2015. BERNICE PONTANILLA/METRO

Become a Plasma Donor

We are looking for healthy people with negative blood types to donate plasma. If female, you must no longer be able to bear children. Plasma will be used to create a medication that can save babies lives. Plasma donors are compensated for their time.

cangeneplasma.com (204)275-4630

‘I need help. I think this fellow is dead’

Brian Sinclair inquest. ER security guard testifies that nurses thought he was joking when told man had died

A security guard testified Wednesday that nurses thought he was joking when he told them that a man had died during a 34-hour wait in a hospital emergency room.

Security supervisor Gary Francis told an inquest into Brian Sinclair’s death that he had greeted the double-amputee the night he arrived at the Winnipeg Health Sciences Centre ER in September 2008.

The following evening, Francis noticed that Sinclair was still in the same spot.

“He was sort of just sleeping,” Francis told Judge Tim Preston.

Around midnight, Francis was approached by a woman who said she thought Sinclair was dead.

Francis said he explained that Sinclair slept with his head slumped over, but the woman insisted and added that the man’s catheter was disconnected and empty.

The two went over to Sinclair.

Francis said he tapped him on the shoulder and called his name.

“There was no response. I pinched his neck and there was still no response.”

Francis said he put his hand on Sinclair’s forehead and his head was stiff and tough to push back.

“His eyes were completely black.”

Francis wheeled Sinclair over to two nurses who were talking and said, “I need help. I think this fellow is dead.”

“They looked at me and thought I was joking.”

When a male nurse took Sinclair’s pulse, they “realized I was speaking the truth.” Sinclair was taken into a resuscitation room where Francis helped lift him onto a bed.

“His entire body was stiff as a board.”

Doctors tried to revive him, but he was pronounced dead several minutes later, Francis said.

Francis tried to get Sinclair’s chart from the nurse on duty because he needed it for his report.

He was told no chart had been created.

“He was never triaged at all.”

THE CANADIAN PRESS

Additional testimony

Another security guard testified that he had raised concerns about how long Sinclair had been waiting.

- Ed Latour said he was working a 12-hour night shift when Sinclair first arrived and got worried when Sinclair was still in the waiting room the following night.
- He said he went to the triage desk and spoke to the nurse on duty, who Latour said assured him, “all was well with the patient” and that his “concerns were unwarranted.”

Winnipeg LBGT activist Dayne Moyer’s change.org petition asking Canadian, American, British and Paralympic athletes to wear rainbow flag pins to the opening ceremonies of the 2014 Sochi Winter Games is up to nearly 33,000 signatures and growing. SHANE GIBSON/METRO

Petition for pride pins at 2014 Olympics growing

An online petition urging Canadian athletes to wear rainbow pins to the opening ceremonies of the 2014 Sochi Winter Games has garnered nearly 33,000 signatures, and the Winnipegger behind the campaign isn’t letting up until the Canadian Olympic Committee (COC) agrees.

“I think that’s the most realistic goal to have when we’re talking about what we’re going to do about these laws,” explained Dayne Moyer, the Winnipeg LBGT activist who started the change.org petition last month when news emerged athletes and spectators at the games could face prosecution under Russia’s controversial anti-gay legislation. “It’s the most powerful way of sending a message to the LBGT in Russia to show them they’re not alone.”

While the campaign had bombarded the COC’s inbox with 32,961 separate emails as of press time Wednesday, Moyer said he’s yet to hear a response from the organization.

The COC did not respond to a request for comment from Metro Wednesday.

Moyer’s petition also calls on American, British and Paralympic athletes to wear the pride pins, and has sparked similar petitions in five other countries totaling more than 95,000 signatures worldwide.

“It’s really scary when a country formally sanctions hate against a group of individuals,” said Moyer. “I really believe that if any country is going to be the first to make the decision to sign on to this, it’s going to be Canada.”

SHANE GIBSON/METRO

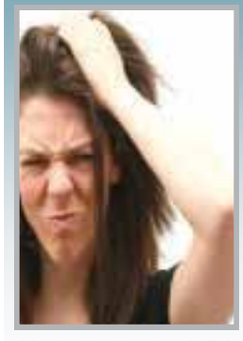
Online petition

Go to change.org/GoldMedalMessage to sign Moyer’s petition.

Antidandruff Shampoo Research

Are Antidandruff Shampoos Effective?

Come Help Us Find Out!



Hill Top Research is seeking men and women, with mild to moderate dandruff or seborrhoeic dermatitis of the scalp,to participate in a clinical research study testing the effectiveness of a marketed antidandruff shampoo.

You may qualify if you:

- Are 18 to 65, in good health
- Have mild to moderate dandruff or seborrhoeic dermatitis of the scalp
- Can attend five study visits

Participants Completing The Study Will Receive $150 for Time & Travel

Study Starts : Sept. 5th

Follow Us:

Call Today! 204-480-7426

or

email us at: studies@hill-top.com

HILL TOP RESEARCH

Dave Thorne

Police appoint new deputy chief

Winnipeg police have a new second in command.

Chief Devon Clunis announced Tuesday 32-year veteran of the force, Superintendent Dave Thorne, would be appointed acting deputy chief in October.

“Whatever his role in our Service, Acting Deputy Chief Thorne has always been committed to the continuous improvement of the organization and the delivery of effective policing services,” said Clunis in a letter Tuesday.

Thorne will start his new job Oct. 6, which will give him time to learn the ropes from outgoing Deputy Chief Shelley M. Hart, who retires February 2014. METRO

Only in Canada. WAG capping off 100 Masters run with street party

The Winnipeg Art Gallery will be painting the town red to end its most popular exhibition in a century.

On Labour Day, the WAG is hosting a street party to coincide with the last day of its 100 Masters: Only in Canada exhibition, which runs from 9 a.m. until 5 p.m.

Outside, there will be live music, chalk artists, food vendors and much more.

“To date over 52,000 people have visited the exhibition,” said WAG director Stephen Borys in a press release.

“If you haven’t yet seen the show, or if you want to visit it one more time, we urge everyone to come down and help us make this final day something special.”

During this final week of the exhibition, the WAG will be open from 11 a.m. to 9 p.m. until Saturday and 10 a.m. to 6 p.m. on Sunday.

BERNICE PONTANILLA/METRO

Quoted

“It’s the highest attended exhibition in our 100-year history and we didn’t want to let it go without (a) final celebration.”

WAG director Stephen Borys

LABOUR DAY SIDEWALK SALE

Friday, August 30 - Monday, September 2

LEGENDARY BRANDS. ABUNDANT SELECTION. REAL SAVINGS. 100 STORES: Adidas, Aeropostale, Ann Taylor Factory Store, Banana Republic Factory Store, BCBG Max Azria, Converse, Eddie Bauer Outlet, Gap Outlet, Guess, Jockey, Jones New York, Kenneth Cole, Levi's, Loft Outlet, Lucky Brand, Nautica, New York & Company, Nike, Nine West, PacSun, Puma, Reebok, Samsonite, Skechers, Tommy Hilfiger, Ugg Australia, Under Armour, Vince Camuto, Wilsons Leather, Zales Outlet and more.

Join our VIP Shopper Club to enjoy additional savings at www.premiumoutlets.com/vip

ALBERTVILLE, MN • I-94, EXIT 201 • SALE HOURS: FRI-MON 9-9
VISIT PREMIUMOUTLETS.COM • FOLLOW US ON FACEBOOK AND TWITTER

SIMON®

ALBERTVILLE PREMIUM OUTLETS®
Shop Brilliantly

The moment we sleep, the dream ends: Obama

Martin Luther King Jr. President uses 50th anniversary of speech to stress fight not over

Rev. Dr. Martin Luther King Jr. speaks to thousands during his "I Have a Dream" speech on Aug. 28, 1963. THE ASSOCIATED PRESS FILE

The United States' first African-American president paid tribute Wednesday to its most revered civil-rights hero, standing on the steps of the Lincoln Memorial to urge Americans to continue fighting for equality and justice, 50 years after Rev. Martin Luther King Jr.'s historic "I Have a Dream" speech from the same spot.

"They did not die in vain; their victory was great," Barack Obama said of King and other slain civil-rights leaders of the tumultuous 1960s as he delivered his address just after 3 p.m. on Wednesday, the same date and time that King did a half-century ago.

"But we would dishonour those heroes as well to suggest that the work of this nation is somehow complete. The arc of the moral universe may bend towards justice, but it doesn't bend on its own."

Obama's remarks capped a rainy day of events that began when as many as 100,000 people marched through the drizzle to the National Mall.

Obama and many of the participants — which included Oprah Winfrey, members of King's family, Caroline Kennedy and former presidents Jimmy Carter and Bill Clinton — noted that while King called for equality and justice for all in 1963, African-Americans and other minorities still face significant obstacles.

John Lewis, now a congressman from Georgia who was the youngest speaker at King's March on Washington for Jobs and Equality, pointed out that illegal immigrants are currently "hiding in fear," that African-American men are incarcerated at higher rates per capita than any other demographic and that unemployment and homelessness are still rampant.

Indeed, in the decades since King's famous speech, race relations remain a painful, ongoing concern. Obama himself has often served as a flashpoint for race-tinged ire from his foes.

A recent Public Policy Polling survey suggested a third of those in Louisiana even blame Obama for Hurricane Katrina, which devastated New Orleans three years before he won the Oval Office.

The conservative Daily Caller news website recently maligned Obama for his new dog.

"The Obamas now have two black Portuguese water dogs," the Daily Caller wrote. "The Obamas do not have any white dogs."

There were no Republican speakers at Wednesday's event.

THE CANADIAN PRESS

No rest for the moral

"To secure the gains this country has made requires vigilance, not complacency."
U.S. President Barack Obama

U.S. President Barack Obama and first lady Michelle leave at the end of the Let Freedom Ring ceremony at the Lincoln Memorial on Wednesday in Washington. ALEX WONG/GETTY IMAGES

Canada same as U.S. for online spying: McAfee

U.S. software mogul John McAfee is in Canada to work on a biographical documentary by a Montreal-based company. GRAHAM HUGHES/THE CANADIAN PRESS

Speaking on recent leaks, U.S. software mogul John McAfee says Canada isn't immune from government spying.

"Your Canadian government has all of the facilities that the American government has, no more, no less," he says.

"If you think that the Canadian government is somehow morally or ethically or in any other way superior, you're wrong."

As an anti-virus-software tycoon at the head of McAfee Security, he says his early clients ranged from the CIA to the American navy and air force.

"From my experience ... I know for a fact the government knows almost everything about the average citizen."

Ten months ago, McAfee, 67, was a fugitive from the Belize government, wanted for questioning in the mysterious death of his neighbour.

THE CANADIAN PRESS

Netherlands knocking

Russia takes heat for menacing ship

Dutch officials are demanding that Russia explain why it threatened to fire on a Greenpeace icebreaker crew protesting energy exploration in the Kara sea.

Russia says it denied the Dutch-flagged Arctic Sunrise access over concerns about the ship's ice capability. THE CANADIAN PRESS

Safety in question

Two more vendors shut down at CNE

Two more food booths have been shut down at the Canadian National Exhibition, where food poisoning earlier this month forced the closure of a burger stand.

Officials said the booths were closed Tuesday over sanitation, food-handling and meat-storing temperature. THE CANADIAN PRESS

Summer clearout SALE, 20 to 50% off
Casterland
If It Rolls...
875 CENTURY ST WINNIPEG, MB PH: (204) 783-5500
CARRYING PRODUCTS ENGINEERED TO PROTECT YOUR QUALITY FLOOR
HANDLING EQUIPMENT - SPECIALTY TIRES - CASTERS - WHEELS - GLIDES - AND MORE
WWW.CASTERLAND.COM
Everything in the store All of August

fido

Beware of extra monthly tab fees

Sometimes, the price of a new phone isn't all you'll pay. In fact, there's a phone company out there that will charge you an extra $5 or $10 monthly fee to pay off some of their tabs. Rest assured, with a 2-year Tab24 agreement at Fido, you'll get a great price on your new phone and you won't pay extra monthly tab fees. It's just one more way Fido is working hard for you.

Tab24

No extra monthly tab fees for your phone

- Get *real* savings on a new phone and upgrade whenever you want.*
- Get peace of mind knowing your Tab24 phone balance will be at zero in 24 months.

Get the Fido ADVANTAGE

Tab24 • *Fido LiveANSWERS*™ • FidoTRADE™ • FidoDOLLARS™

It's time to switch. Visit a store, call 1-866-301-3436 or go to fido.ca.

FIDO STORES

Garden City Shopping Centre
Kildonan Place
Polo Park Shopping Centre
Portage Place
St. Vital Centre

FUTURE SHOP · tbooth wireless · MOBILE · WIRELESSWAVE · COSTCO WHOLESALE · WIRELESS etc... · Walmart · LONDON DRUGS · BEST BUY

Offers subject to change without notice. *Upon payment of Tab24 balance, which corresponds to sum of device savings recovery fees and/or service deactivation fee stated in your agreement. A one-time $25 Hardware Upgrade Administration Fee applies. © 2013

U.S. convinced Syria used chemical weapons: Obama

Attack on civilians. White House continues plans for a possible military response; fears of strike ripple across Middle East

President Barack Obama says the U.S. has concluded the Syrian government carried out a large-scale chemical weapons attack against civilians last week.

Obama says the U.S. has examined evidence and doesn't believe the opposition fighting the Syrian government possessed chemical weapons or the means to deliver them.

Proof?

Two senior Obama administration officials said U.S. intelligence agencies are drawing up a report laying out the evidence against the Assad regime. The classified version would be sent to key members of Congress and a declassified version would be made public.

Obama says he hasn't made a decision about how the U.S. will respond.

The White House says it's planning a possible military response while seeking support from international partners. But the U.S. has not yet presented concrete proof of Syrian government involvement in the attack.

Some lawmakers are calling for Obama to seek congressional approval for a military action.

Fears of a possible U.S. strike against Syria's regime rippled across the region Wednesday, as about 6,000 Syrians fled to neighbouring Lebanon in a 24-hour period and Israelis scrambled for gas masks in case Damascus retaliates against them.

The Israeli government ordered a "limited" call-up of reserve units to bolster civil defence preparations and to operate air-defence units near the border.

THE ASSOCIATED PRESS

A wounded Syrian woman and her child are treated at the Israeli Ziv hospital on Wednesday in the northern town of Safed, Israel. About 140 Syrians who have been wounded in fighting in neighbouring Syria have been treated in Israeli hospitals since the beginning of the civil war. URIEL SINAI/GETTY IMAGES

Canada downplays military role in Syrian conflict

Foreign Affairs Minister John Baird
GRAHAM HUGHES/THE CANADIAN PRESS

The Canadian government has hinted that its military role in Syria could be limited and that any contribution to an international effort there will be mainly political and humanitarian.

Foreign Affairs Minister John Baird says Canada does not have the weapons to contribute to the types of attacks being discussed.

"Some have speculated in the media and elsewhere that it could involve cruise missiles and armed drones — neither of which Canada has," Baird told reporters after meeting with a Syrian opposition figure Wednesday.

"We'll let decisions be made before we know that we have even the capacity to contribute militarily."

But he traced the outlines of other ways Canada intends to be involved.

Baird used a brief address to the media to outline Canada's $90 million aid program for the country, saying more than half of that sum would go to food assistance for 4 million people and shelter and sanitation for 87,000 displaced people.

The Canadian government also appears poised to offer its political blessing to a military intervention.

Baird said Canada and its allies are "of one mind" — that chemical weapons have been used and a firm international response is needed.

"We will continue to work with them in lock-step, and review a full range of options going forward," he said.

He said Canadians are horrified by the scenes of atrocities committed against civilians. And he laid the blame squarely on the Syrian authorities.

THE CANADIAN PRESS

Liberal response

- Earlier Wednesday, Justin Trudeau said Parliament should be recalled to discuss what role Canada should play as the international community prepares to respond to atrocities in Syria.

There's a page for that in the new IKEA Catalogue.

Visit IKEA.ca/Catalogue to see it now.

© Inter IKEA Systems B.V. 2013.

Doctor 'disturbed' to see a second birth control recall

Freya-28. Women who have been taking the oral contraceptive are advised to use an additional method to prevent pregnancy

Women who have been taking an oral contraceptive that's been recalled due to a packaging error could be at risk of an unwanted pregnancy if the entire batch was affected, says the head of the Society of Obstetricians and Gynaecologists of Canada.

'Twice too often'

"I was so disturbed to see that this had happened again."

Dr. Jennifer Blake, the head of the Society of Obstetricians and Gynaecologists of Canada, of the Freya-28 recall, which is the second for an oral contraceptive this year.

Dr. Jennifer Blake said women who have been taking the birth-control pill Freya-28 in the past few months should speak to their doctors and temporarily use an additional method of contraception, such as a condom.

On Tuesday, Health Canada issued a notice of recall for Freya-28 after a pharmacy reported that a package had been found that contained a placebo pill in place of an active one.

THE CANADIAN PRESS

All aboard the soul train

Ryerson University students in Toronto unofficially break the Guinness World Record for the largest soul train dance as part of their orientation week activities on Wednesday. GALIT RODAN/THE CANADIAN PRESS

Toronto Mayor Rob Ford answers questions at a May press conference.
MICHELLE SIU/THE CANADIAN PRESS FILE

Pot pile-on. Ford toked 'a lot,' while Wynne puffed 'very, very infrequently'

Ontario's premier and Toronto Mayor Rob Ford threw themselves into the political pot debate on Wednesday, confessing that they, too, smoked weed — and more than once.

Ford, who's been fighting allegations that he smoked crack cocaine, raised eyebrows when he freely admitted to using a different drug.

"Oh yeah," he said with a laugh. "I won't deny that. I smoked a lot of it."

Premier Kathleen Wynne also came clean that she puffed, but "very, very infrequently" and stopped 35 years ago, before her children were born and she was elected.

"It's never been a big part of my life," said the 60-year-old premier.

They're the latest high-profile politicians to own up to using marijuana, after Liberal Leader Justin Trudeau admitted last week that he took a pull on a joint three years ago while he was an MP. THE CANADIAN PRESS

Trudeau mum on 2015 election platform, for now

Justin Trudeau has identified what's ailing the middle class, but he won't be rushed into offering any prescriptions.

The Liberal leader says that will have to wait until the party unveils its platform for the 2015 election.

"This is not something to take lightly," he said during a break in a Liberal caucus retreat aimed at plotting strategy for the resumption of Parliament this fall and beyond.

"It's not something to reel off because people want answers. People want answers — but people want to be part of generating those answers.

"And that's where the Liberal party is absolutely serious about the kinds of meaningful consultation and working with Canadians to build a platform that reflects both the priorities, concerns and solutions that Canadians are generating across the country."

Trudeau made improving the lot of the middle class the central pillar of his leadership campaign and has continued that since becoming leader in April.

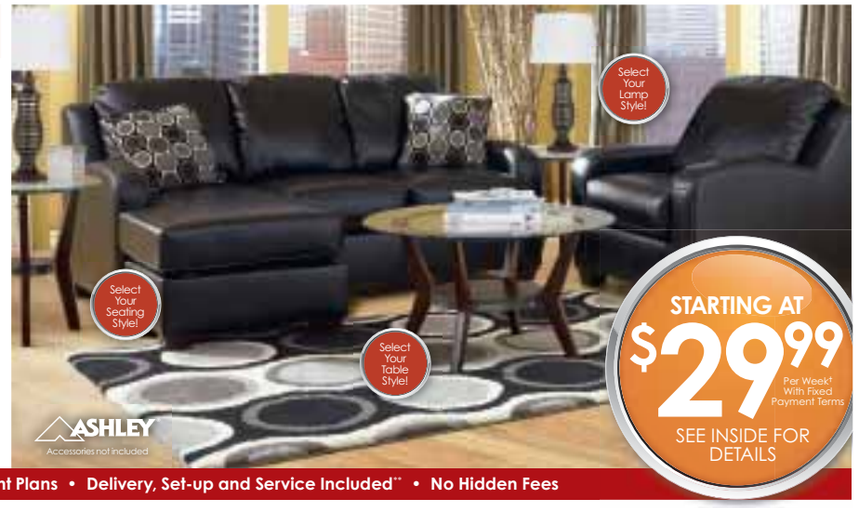
THE CANADIAN PRESS

Liberal Leader Justin Trudeau speaks at the opening of the Liberal caucus retreat on Wednesday in P.E.I.
NATHAN ROCHFORD/THE CANADIAN PRESS

A NEW WAY TO BUY AT RAC!

THE RENT-A-CENTRE
HOME MAKEOVER
SALE

BUILD YOUR OWN
LIVING ROOM
GROUP!



WORRY FREE GUARANTEE

No Credit Check • Flexible Payment Plans • Delivery, Set-up and Service Included** • No Hidden Fees

Winnipeg
#9 - 2188 McPhillips Street
(204) 633-0542

Winnipeg
1330 Unit A, Ellice Ave.
(204) 779-3531

Winnipeg
1615 Regent Ave., W Ste. 710
(204) 661-2322

FURNITURE • APPLIANCES • ELECTRONICS • COMPUTERS
RAC Rent-A-Centre
rentacentre.ca • 800.915.0115

†Offer good while supplies last and cannot be combined with any other promotion. The "Total of All Payments" does not include applicable sales taxes or optional fees and other charges (such as late charges) that you may incur. Advertised rental rates and terms are for new merchandise. Prices valid in Canada only. Advertised rates valid 8/26/13 – 9/21/13. Product availability may vary by store. Free or reduced rent offers will not reduce total rent or purchase-option amounts. You will not own the merchandise until the total amount necessary to acquire ownership is paid in full or you exercise your early purchase option. Ownership is optional. Offer good while supplies last and cannot be combined with any other promotion. See Store Manager for complete details. Consulta con el Gerente de la Tienda para los detalles completos. **To restart an agreement on a returned product, Rent-A-Centre will retain your payment records for two years. Thereafter, simply bring in your last payment receipt for reinstatement. Delivery and set-up are included and RAC services and maintains the merchandise while on rent. Set-up does not include connection of gas appliances.

CAN-132039_1309_WINMET

Sweden. Boarding school shuttered after hazing

Authorities in Sweden temporarily shut down one of the country's most renowned boarding schools Wednesday after repeated, shocking incidents of bullying and hazing — including one in which students were burned with an iron.

The Swedish Schools Inspectorate ordered the Lundsbergs school to close down until its management can assure the safety of its students.

Lundsbergs, founded in 1896, is the oldest of Sweden's three national boarding schools. Located in Storfors, a small village in central Sweden, it teaches about 200 students aged 13-18. Its graduates include famous politicians, business leaders and royals, most recently Sweden's Prince Carl Philip.

The decision to close the school for up to six months followed a weekend incident in which about nine older students burned two younger students with a hot iron as part of a semester initiation ritual. The older students allegedly blindfolded the two boys, ordered them to lay face-down on the floor and put a hot iron against their backs until they screamed. One of the boys had to be taken to the hospital. THE ASSOCIATED PRESS

Zimbabwe

Charges deferred for man who tore Mugabe poster

Zimbabwean court officials say a case against a man who allegedly intended to use an election poster of President Robert Mugabe as toilet paper has been indefinitely deferred. Officials said the patron of a bar found no paper in the men's room and allegedly tore down a campaign poster. He faced charges under election and security laws surrounding the country's disputed July 31 polls. THE ASSOCIATED PRESS

Jury sentences Fort Hood psychiatrist to death

Kerry Cahill comforts her mother Joleen on Wednesday as they talk about Michael Cahill, who was killed at Fort Hood. ERIC GAY/THE ASSOCIATED PRESS

Shooting rampage. Thirteen people were killed in 2009 incident

A military jury on Wednesday sentenced Maj. Nidal Hasan to death for the 2009 shooting rampage at Fort Hood, delivering the only punishment the army believed fit for an attack on fellow unarmed soldiers. The sentence was one that Hasan also appeared to seek in a self-proclaimed effort to become a martyr.

The rare military death sentence came nearly four years after the attack that stunned even an army hardened by more than a decade of constant war. Hasan walked into a medical building where soldiers were getting medical checkups, shouted "Allahu akbar" — Arabic for "God is great!" — and opened fire with a laser-sighted handgun. Thirteen people were killed.

Hasan could become the first U.S. soldier executed in more than half a century. But because the military justice system requires a lengthy appeals process, years or even decades could pass before he is put to death.

The U.S.-born Muslim has said he acted to protect Islamic insurgents abroad from American aggression.

He acknowledged to the jury that he pulled the trigger in a crowded waiting room where troops were getting final checkups before deploying to Iraq and Afghanistan. Thirteen people were killed and more than 30 wounded.

It was the worst ever attack on a U.S. military base.

For nearly four years, the federal government has sought to execute Hasan, believing that any sentence short of a lethal injection would deny justice to the families of the dead and the survivors. THE ASSOCIATED PRESS

CURRENCY MART

COMPARING WITH BANKS

Our US rates is 0.8-1.6% better!

We directly convert your US dollars to foreign currencies

Our pre-order rates are 1% better!

We pay 1% more to buy your foreign cash!

We buy your left over currencies back, same rate as we sell to you!

We have around 40 currencies in stock daily!

Specials are available on our website everyday!

240 Graham Ave. (Cargill Building), Suite 290
Tel: 204-800-8126
Web: www.currencymart.ca

Become a tax profe$$ional.*

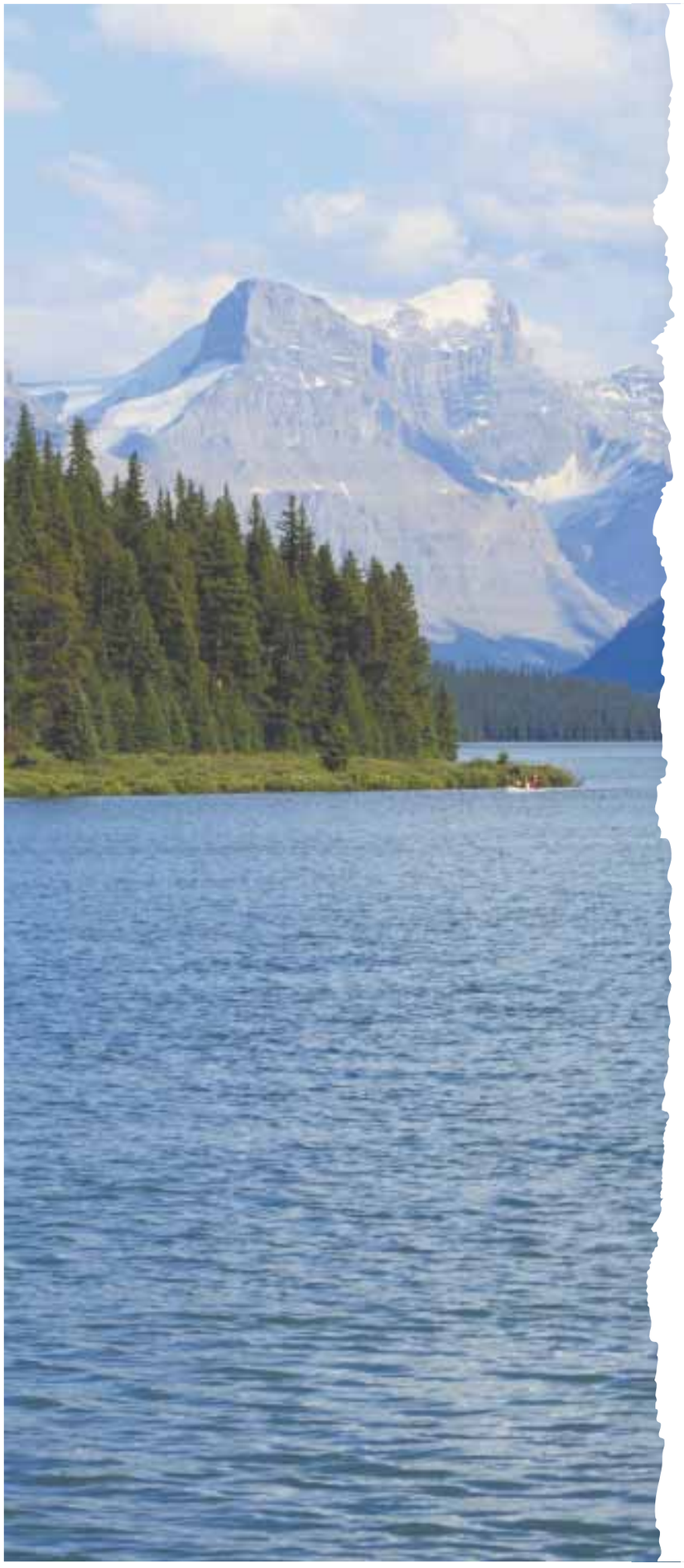
Looking to build your financial credentials? Want to earn additional income? Enrol in H&R Block's Tax Training School and gain the skills to become a Tax Professional.* With H&R Block, school is now more rewarding than ever. Classes start in September.

hrblock.ca | 877-32BLOCK

H&R BLOCK®

we make taxes painle$$

*Enrolment in, or completion of, the H&R Block Tax Training School is neither an offer nor a guarantee of employment. Additional qualifications may be required. Enrollment restrictions apply. This course is not intended for, nor open to any persons who are either currently employed by or seeking employment with any professional tax preparation company or organization other than H&R Block.



If the government let a giant foreign corporation buy up half of Canada's water, you would be outraged.

Then why are we letting them buy half of Canada's newest prime airwaves?

Like water, Canada's airwaves are a limited, precious national resource. So precious, that the government auctions them off for billions of dollars. Now, the Canadian government's auction rules will allow a giant foreign cellphone corporation to buy 2 of these 4 prime blocks – half the total! The cellphone companies most Canadians use can only buy 1 block, leaving you at a disadvantage.

This rule could put half of this national resource under foreign ownership and control. Canadians should be outraged. In fact, the results are in and 81% of Canadians said no to special treatment for foreign corporations.*

Find out more at FairForCanada.ca

This is a bad call for all Canadians.

This message is sponsored by your Canadian wireless companies:
Bell • Rogers • TELUS

*Source: Nanos Research Survey, August 2013

Made-in-U.S. Motorola phone isn't pricier to produce, research firm says

Home advantage. New Moto X is assembled in Texas, but it's cheaper to make than Galaxy S4

Motorola Moto X smartphones are shown at a press preview in New York this month. By assembling the phone in Fort Worth, Texas, Motorola is able to let customers order custom designs online for delivery within four days. MARK LENNIHAN/THE ASSOCIATED PRESS

Motorola's new Moto X phone doesn't cost more to make simply because it's assembled in Texas, research firm IHS said on Wednesday.

The Moto X is the first smartphone to carry the Made in the U.S.A. designation. While labour costs are higher in the U.S. compared with Asian factories, where phones are typically made, IHS said the Moto X is about five per cent cheaper to make than Samsung Electronic Co.'s flagship Galaxy S4 phone.

The firm said the Moto X's overall production cost is just nine per cent more than that of Apple's iPhone 5.

The findings come as little surprise, as the labour cost of a phone is just a small part of its production cost. IHS estimates that labour and other assembly costs Motorola $12 US per phone for the Moto X, bringing the production cost to $226 US. That compares with $207 for the iPhone 5 and $237 for the Galaxy S4. IHS said Motorola is able to keep the cost of parts low by using standard components that don't break much new ground.

By assembling the phone in Fort Worth, Texas, Motorola is able to let U.S. customers order custom designs online for delivery within four days. Standard black or white models are available immediately at retail stores.

"With the Moto X, Motorola is reaping the public-relations and customization upsides of producing a smartphone in the United States, while maintaining competitive hardware costs," said Andrew Rassweiler, senior director for cost benchmarking services at IHS.

IHS said the estimated $12 for assembly is about $3.50 to $4 more than other leading phones.

Smartphone, smart move?

"With the Moto X, Motorola is reaping the public-relations and customization upsides of producing a smartphone in the United States, while maintaining competitive hardware costs."

Andrew Rassweiler, senior director for cost benchmarking services at IHS

"Our initial estimate suggests the additional costs of onshoring the Moto X are relatively low," IHS said.

The phone went on sale in the U.S. last Friday, starting with AT&T. It's coming to other carriers, including Verizon this week. The Moto X's price is about $200 US with a two-year service agreement.

The Moto X is Motorola's first phone designed from the start under its new owner, Google Inc. The Internet search company bought Motorola Mobility for $12.4 billion US last year.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
95.37¢
(-0.10¢)

TSX
12,607.22 (+16.01)

OIL
$110.10 US (+$1.09)

GOLD
$1,418.80 US (-$1.40)

Natural gas: $3.58 (+5¢)
Dow Jones: 14,824.51 (+48.38)

Real estate. Canadian condo market is unlikely to crash, think-tank says

A growing population and continuing, albeit modest, job growth will prevent condo markets in Canada's major cities from crashing, a new report from the Conference Board of Canada predicts.

Sales are expected to fall everywhere but Edmonton this year, with eight per cent drops anticipated in Toronto and Vancouver.

And mortgage rates, which have been inching higher for the past few months, will likely further cool the market in 2014, according to the report released on Wednesday by mortgage insurer Genworth.

But an all-out crash is unlikely, even in Toronto, Montreal and Vancouver where markets are being watched with concern.

The report said a swelling population and a growing number of "condominium-loving empty-nesters" aged 55 and older will support the market, as will modest job growth over the medium term.

The report also noted the banks, which require builders to have pre-sold a certain number of units before they fork over the cash for construction of a new building, will help to prevent an oversupply of condos from flooding the market.

Condo starts

24%

The report predicted that new condominium starts will fall by at least 24 per cent in all major Canadian cities except Edmonton this year.

"As condo starts near past averages and inventories edge closer to demand, we are seeing the condo market stabilize both in terms of the price of existing units and the volume of new construction," Robin Wiebe, a senior economist at the Conference Board of Canada, said in a statement.

"Softer prices and positive economic factors continue to make condos an affordable way for Canadians to achieve home ownership." THE CANADIAN PRESS

Syria crisis sends Asian stock markets reeling

A woman walks past the day's Nikkei 225 stock index seen on a board in Tokyo on Wednesday. The growing likelihood of Western military action against Syria pummelled Asian stock markets on Wednesday and sent the price of oil soaring. SHUJI KAJIYAMA/THE ASSOCIATED PRESS

JERKS AND FOOLS, I'M TALKING TO YOU

HE SAYS

John Mazerolle
metronews.ca

Good news, everyone! The new 2013 rules for The Game of Life have been released. Not the board game, the real thing.

Effective immediately, cyclists who ding impatiently at pedestrians while riding on the sidewalk must take an eight-week night course explaining the etymology of the word "sidewalk." This is compulsory with the costs covered in full by you. You're welcome.

On public transit, passengers forced to watch couples engage in long, noisy, open-mouthed kisses now have permission to make special requests, such as "More tongue!" We hope this all-in approach will help smooth over any uncomfortable feelings.

On Internet forums, it is now unacceptable to write "Who cares?" under a story that you took the time to click on and read. This will help free up the Internet for substantive conversation, should that ever become an issue.

Also, you may no longer use an online article about, say, butterfly migration to make a point about whichever political party you dislike. Come to think of it, let's just leave all Internet forums blank for now.

You may not complain about your young children on Facebook. Because no matter how bad a parent you are, they will still probably learn to read.

Using a homeopathic remedy for your cold is using something that has never worked on something that has never been cured, retroactive to the Dawn of Man. Please make a note of it.

During bar arguments, use of the phrases "We can't be sure anything's real," "That's just your opinion," and "Paradigm shift" will result in the instant loss of the argument. Bars may order a special "ringside" bell from the Game of Life catalogue to strike at the end of the argument. Order now and we'll throw in a barstool that automatically ejects the user into the street if they use the phrase "You remind me of me at that age."

Cigarette butts are garbage. Live with it.

Cigarette butts and all other garbage must now be held onto even if there is no garbage can within sight. Thanks to special new laws of "cause and effect," smoked cigarettes, empty potato-chip bags and chocolate-bar wrappers are actually smaller and lighter than they were before you consumed their contents, for easy carrying.

Starting without delay, people who sit with laptops in crowded coffee shops will be chalked off by laptop police to ensure they move after 60 minutes. Violators will be towed.

Singing along so loudly at a concert that everyone within three rows is getting an off-key concert from you instead of the artist they paid $110 to see remains totally awesome, so, please, continue.

As per standard operating procedure, these new rules are for jerks and fools only. Nice, smart people can continue as before.

We hope these easy-to-follow guidelines will help you avoid becoming a sack of useless human flesh. There's so much wasted meat in the world as is.

ZOOM

20,000 people need a shower

ALBERTO SAIZ/THE ASSOCIATED PRESS

Tomato fight sullies streets in Spain

Crowds of people throw tomatoes at each other during the annual Tomatina tomato fight fiesta in the village of Bunol, 50 kilometres outside Valencia, Spain, on Wednesday.

Thousands of people are splattering each other with tons of tomatoes in the annual battle in recession-hit Spain, with the debt-burdened town charging participants entry fees this year for the first time.

Bunol officials said some 20,000 people took part in the hour-long street bash, inspired by a food fight among kids back in 1945.

Participants were this year charged 10 euros ($13) to foot the cost of the festival. Residents do not pay.

THE ASSOCIATED PRESS

A woman kneels on the street covered with tomato juice during the annual Tomatina tomato fight.

ALBERTO SAIZ/THE ASSOCIATED PRESS

Debt-ridden city

5 million

Bunol, with 10,000 inhabitants, has a debt of some 5 million euros.
The town said six trucks brought 130 tonnes of ripe tomatoes to the scene.
Portable showers were set up for revellers to clean up after the battle.
The mayor of the town told a press conference that the decision to charge people was "one that no one wanted to make."

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

In the past few years, Soundcloud has grown from a promising music-sharing site to an absurdly rich source of new music made easy to find with slick social-network tools. If you haven't tried it, sign up for an account and get started by giving these two a follow.

Cascine:

A London/New York-based record label with an eclectic mix of artists, including some real gems that can best be described as daytime disco. Head over to their page and hit play on the first track. You won't press stop any time soon. (soundcloud.com/cascine)

Johnny Jewel:

The production brains behind Portland's mighty Italians Do It Better label, Johnny Jewel also happens to be a benevolent Soundcloud account holder, regularly posting new tracks, remixes and even full albums of his dark dance music. (soundcloud.com/johnnyjewel)

Twitter

@metropicks asked: What's your biggest cell etiquette pet peeve? Eating with a cellphone on the table? The expectations of a company cell?

@5gatos: being on the phone whilst paying for groceries etc. It's just plain rude to the person serving you.

@JameyMPhoto: Seeing someone talking on the phone while being served in the service industry grinds my gears. It's unbelievably rude.

@josephinecleo: was a makeup artist for years, most annoying is to put lipstick on a gal while she's making pre-drink plans on her cellphone!

@ufosinvancouver: Cellphone usage during stargazing. It creates small scale light pollution and makes it incredibly difficult to focus.

@MOWLondon: reading these replies are all true and so many more .....#depressing. Technology has desensitized so many

@thepolishviking: having an in-person conversation repeatedly interrupted by "oops, I need to take this call/check Facebook/tweet/etc". Ouch.

@SusanDB11: people talking loudly on cellphones on bus/train. Nobody wants to hear your conversation!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Winnipeg** Elisha Dacey • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Alison Zulyniak • **Distribution Manager:** Rod Chivers • **Vice-President, Sales and Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO WINNIPEG** 161 Portage Ave E Suite 200 Winnipeg MB R3B 2L6 • **Telephone:** 204-943-9300 • **Fax:** 888-846-0894 • **Advertising:** 204-943-9300 • adinfowinnipeg@metronews.ca • **Distribution:** winnipeg_distribution@metronews.ca • **News tips:** winnipeg@metronews.ca • **Letters to the Editor:** winnipegletters@metronews.ca

New record raises the dead with a symphony of songsters

Factor in your feelings.
Hip hop producer delves into the psychology of death

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

Saskatoon hip hop producer Factor explores "the five stages of grief" and necromancy on his latest album, Woke Up Alone. JADE DOBNEY

In his latest album, Woke Up Alone, Factor investigates the Kübler-Ross model, or as it's more commonly referred to, the five stages of grief.

The work sees the Saskatoon hip hop producer — real name Graham Murawsky — exploring denial, anger, bargaining, depression and acceptance through the tale of a man who tries to raise his recently departed wife from the dead.

"My past producer albums are more in the compilation vein and I really wanted to do something different on this record, do something to try and take it a step further. I had my heart set on making a concept album," Murawsky says.

"I had a couple different ideas that kind of all melded into what Woke Up Alone is now. My first idea was a travelling freak show and then I wanted to have a girl involved, but I didn't want it to be cheesy. I'm so happy that everyone I collaborated with really took it seriously, because these kinds of records can go bad really fast."

Details

• Factor and his live band The Chandeliers play the Windsor Hotel on Saturday. Winnipeg hip hop artists Pip Skid, Rob Crooks and Butter Pretzels open. Tickets are $7 at the door. Showtime is 10 p.m.

Factor was certainly not alone in making Woke Up Alone.

The album features his Fake Four label mates Ceschi, Myka 9, Onry Ozzborn, Open Mike Eagle, Astronautilis and Kirby Dominant (Paranoid Castle), as well as Vancouver rapper Evil Ebenezer, Belgium's Nomad and Saskatoon indie rocker Jeans Boots.

Like actors in a play, Kirby Dominant is the widower, Jean Boots is his wife's ghost, while Factor's other collaborators play such characters as a false prophet, a doctor, a psychiatrist, a medicine man and even the devil.

"I gave everyone an outline of the story, told them their character and where it was in the record and then they wrote all the lyrics," Murawsky says.

With such a wild storyline and so many guests, chaos can easily ensue, he adds, but Woke Up Alone is remarkably cohesive.

"I tried to make all the beats different enough so the listener wouldn't be bored, but they also had to fit together," Murawsky says. "Once I got the idea for the five steps, I had to think, 'Well, this beat sounds like it could be optimistic, so is this the acceptance stage or is it more like anger?' It was like a puzzle I had to put together."

PRODUCED BY KODA ENTERTAINMENT
nickelodeon
DORA the EXPLORER
LIVE!
Search for the City of Lost Toys
Based on the HIT SHOW on Nickelodeon
© 2013 Viacom International Inc. All Rights Reserved. Nickelodeon, Dora the Explorer and all related titles, logos and characters are trademarks of Viacom International Inc.
Sunday, September 22
Centennial Concert Hall
ON SALE NOW!
Call 1.855.985.5000 or visit www.ticketmaster.ca
VIP PACKAGES AVAILABLE!
www.DoraLiveCanada.com
nickelodeon
koba
paquin
MEDIA PARTNER
99 fresh fm

Sitting on $15 million in stamps? Watch this

Andrew Zegers is joined by Penny Marshall on Extreme Collectors. CONTRIBUTED

Extreme Collectors.
Show's host Andrew Zegers talks what's hot, what's not and how to start collecting

Have a collection at home that you're ready to cash in on? Or maybe you're thinking of starting a new hobby.

Andrew Zegers is a Toronto-based collector, dealer and appraiser with more than 30 years of experience, and the host of the new series Extreme Collectors.

What's hot right now?
Every region is different, but I find in urban centres, new and younger collectors are buying Art Deco from the 1920s, up to and including teak furniture from the 1960s, along with all the accessories and lighting that compliment it.

What was hot but isn't now?
One good example...are fine porcelain figurines by Royal Doulton. They were very popular amongst collectors for many years. For the most part, serious collectors have all they want, and today's generation of collector has little interest in them.

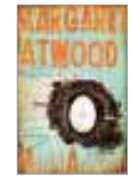
What makes an item collectible?
That's easy...everything is collectible! It just takes one person with a desire to start collecting it, and in my 30-plus years there is little I haven't seen collected.

How do you build a collection? Where do you start?
Start with whatever gets your heart pumping. If it gives you pleasure, why not collect it? If you are unwilling to make a large financial commitment, thrift stores, flea markets, and auctions are a good option. Educate yourself, talk with other collectors and dealers. Read reference books or online collector blogs. When you're ready, attend antique markets, and paid admission shows. Focus on condition and rarity.

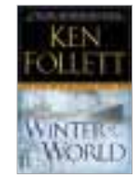
How do you find out what a collection/item is worth?
These are the questions I keep in mind when figuring out the value of any collection: What condition is it in? How old is it? Was it mass-produced? Does it deteriorate with time and use? Does it have crossover appeal to many different collectors? Is it beautiful to look at, or at least is it functional? Will it sell in multiple markets, or is it limited to just one? All of these factors have to be taken into account when determining price. Then check price guidebooks and auction results.

Why do you collect?
Collecting, for me, is not be about money. I surround myself with beautiful objects, and enjoy them all. The dollar value is just a great fringe benefit to collecting. **METRO/ EXTREME COLLECTORS PREMIERING SEPT. 2 WITH BACK-TO-BACK EPISODES AT 9 P.M. ET/11 P.M. PT ON SLICE**

!ndigo bestsellers
NOW 40% OFF*
Our Top 20 are NOW 40% off. In-store. Every day.



★1. MADDADDAM Margaret Atwood
Combining adventure, humour, romance, superb storytelling, and an imagination that is at once dazzlingly inventive and grounded in a recognizable world, *MaddAddam* is vintage Margaret Atwood, and a moving and dramatic conclusion to her internationally celebrated dystopian trilogy.
Last Week: - / Weeks on List: 1



★2. WINTER OF THE WORLD Ken Follett
Ken Follett follows up his #1 New York Times bestseller *Fall of Giants* with a brilliant, page-turning epic about the heroism and honor of World War II, and the dawn of the atomic age.
Last Week: - / Weeks on List: 1

	This Week	Last Week	Weeks on List
	3. OMENS Kelley Armstrong	1	2
	4. THE BONE SEASON Samantha Shannon	2	2
	5. THE GIRL YOU LEFT BEHIND Jojo Moyes	5	2
★	6. HOW THE LIGHT GETS IN Louise Penny	-	1
★	7. BONES OF THE LOST Kathy Reichs	-	1
	8. THE LAST KISS GOODBYE Karen Robards	8	3
	9. THE KILL LIST Frederick Forsyth	9	2
	10. I DECLARE Joel Osteen	10	4
	11. THE INCONVENIENT INDIAN Thomas King	11	3
	12. WAGING HEAVY PEACE Neil Young	6	5
	13. WALLBANGER Alice Clayton	13	3
	14. THE CASUAL VACANCY J.K. Rowling	14	6
	15. INFERNO Dan Brown	15	15
	16. THE WHITE PRINCESS Philippa Gregory	4	6
	17. LET'S EXPLORE DIABETES WITH OWLS David Sedaris	17	20
	18. CRAZY RICH ASIANS Kevin Kwan	18	5
★	19. THE SILENT WIFE A.S.A. Harrison	-	1
	20. A TAP ON THE WINDOW Linwood Barclay	3	4

Combined Fiction and Non-Fiction Bestsellers for the week, ending September 2nd
★New this week

!ndigo Chapters Coles indigo.ca

Connect with us /chaptersindigo

*IN-STORE 40% discount applies to in-stock books featured on Indigo's Top 20 English Bestseller list at time of purchase at Indigo, Chapters or Coles locations. Bestseller list is determined by Indigo and gets updated regularly. Not valid in conjunction with any other offer or promotion excluding everyday irewards discount and cannot be used to adjust amount paid on previous purchases. Online 50% discount applies to irewards and plum rewards members - 45% off for non-members - on Top 50 Online Bestsellers as selected by Indigo.ca. Offers may change or end at any time without notice. Indigo, Chapters, Coles and indigo.ca are trademarks of Indigo Books & Music Inc..

Online Bestsellers. Top 50 are 50% off at indigo.ca

Williams makes it easy to Wolk alongside him

The Crazy Ones. James Wolk praises comic legend Robin Williams for his inclusive style and over-confident advertising role

James Wolk performs with Kelly Clarkson on the season premiere of The Crazy Ones. CONTRIBUTED

It sounds like an exercise in biting off more than you can chew, but actor James Wolk says improvising alongside Robin Williams isn't as intimidating as you would think.

Williams is known as a rapid-fire jokester whose mind travels at warp speed through a punch line, but he is also generous to those around him. "You never feel that you are in this dangerous place. You almost feel like you are doing a dance with him," said Wolk, who stars with Williams in The Crazy Ones, a new Chicago-set comedy about the world of advertising premiering on City Sept. 26.

"I think one of the most generous things about him, in working alongside him and as an actor, is that he takes you with him."

Wolk plays the over-confident — almost to a fault — right-hand man to Williams, whose character owns the advertising firm with his daughter, played by Sarah Michelle Gellar. In the pilot, Williams and Wolk try to get Kelly Clarkson to sing a jingle for a commercial. It's a scene packed with comedic opportunities for Wolk's character.

"I think anyone who can jump into a recording studio with Kelly Clarkson and think he is so wonderful that he wants to sing alongside of her is going to take us on a very interesting journey," he said.

"He fancies himself a Lothario if you will. I think at the end of the day we are going to have to see his redeeming qualities, otherwise you get sick of seeing someone like that. I think the comedy will also come from the fact that — quite simply — to watch someone so blindly confident is funny in itself."

Surprisingly, this is the second time Wolk has played a role related to advertising in less than a year. Earlier this spring he played the much-discussed character of Bob Benson on Mad Men. "I think an actor is never more on top of their game unless they're busy and they don't have time to think about what they are doing," he said. "It provided me with a place to bounce back and forth creatively." METRO

TV star reruns?

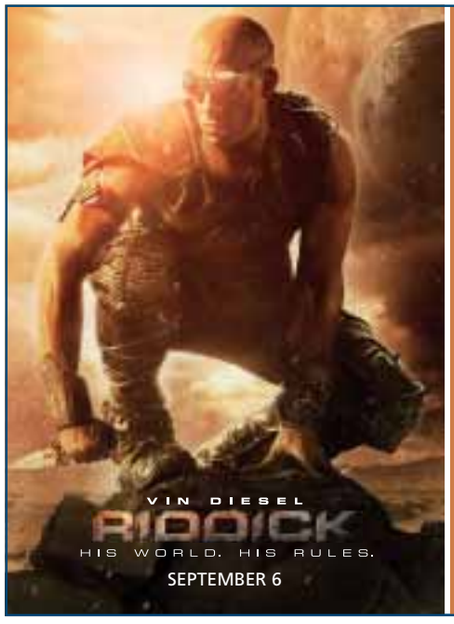
Robin Williams' role as an advertising executive in The Crazy Ones doesn't mark the only TV star returning to the world of situational comedy this fall. Here are some of the other big names taking another stab at the small screen

One of the most highly anticipated TV returns is Michael J. Fox, who will star in Global's The Michael J. Fox Show on Wednesdays starting Sept. 25. ALL PHOTOS CONTRIBUTED

The Kids in the Hall and News Radio's Dave Foley will star in the CTV mid-season replacement Spun Out, set in the world of PR disaster management.

Sean Hayes, who played Jack on the long-running Will and Grace, heads his own comedy, Sean Saves the World, on Wednesdays on Global starting Oct. 2.

It's an NBC Thursday night reunion of sorts with CTV's mid-season comedy Kirstie. It re-teams Cheers' Kirstie Alley and Rhea Perlman, and throws in Seinfeld's Michael Richards for good measure.



You could WIN advance screening passes to see RIDDICK September 5

VISIT clubmetro.com TO ENTER

e one entertainmentone

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

MANITOBA DRAGON BOAT FESTIVAL

event operated by FMG

Come cheer on over 2,000 paddlers! It's PADDLES UP for Manitoba kids with cancer.

SEPT 13-15, 2013 AT THE FORKS

ALL FUNDS RAISED STAY IN MANITOBA

A proud partnership of:

CancerCare Manitoba FOUNDATION

the Children's Hospital Foundation of Manitoba

manitobadragonboat.ca • (204) 927-5433

Liza Lapira, Rebel Wilson and Lauren Ash in Super Fun Night. CONTRIBUTED

Don't laugh, do think terrible thoughts

Canadian starlet.
Learning to improvise with Rebel Wilson was enjoyable, but holding in her giggles while doing so was a challenge

There was one thing Lauren Ash learned early on during the filming of Super Fun Night.

"You get really good at biting the inside of your mouth to try not to laugh, and thinking terrible thoughts," says the Canadian, who stars alongside Aussie Rebel Wilson in the new comedy about three 20-something friends rediscovering the joy of spending a Friday night out on the town.

"They are kind of like fishes out of water, for lack of a better term," said Ash, who plays Marika. "Every week we get to see them do things that you and I may think is normal, but this is a huge deal for them.

"Absolutely, girl's night is a huge thing. I don't know why we have to label it so, but I think women in general like that, 'We are going to do it. There aren't going to be any guys and we are going to wear pyjamas.'"

From personal experience

- Rebel Wilson says Super Fun Night burst from her own social misadventures. The Australian-born comedian-actress said she used to sit home many nights with pals watching DVDs. Then she resolved to spread her wings and force herself into social situations.

Just don't assume this is a female version of The Big Bang Theory, warns Ash. "They are just social misfits. They are weirdos, not nerds. There is nobody who is quoting science or anything." If anything, the show is more akin to a 1980s John Hughes comedy.

To really bond, Ash says the cast spent some time together away from the set — which helped when it came to improvising their scenes.

"You get this rolodex of things you can pull out that the other person will be familiar with and will make them laugh a little bit," says Ash, who studied at Toronto's Second City. "It was a pretty big dream for me to be able to improvise, and it made for a really amazing experience."

Super Fun Night premieres Sept. 30, on City. METRO

We Are Men

Swimwear surprise for O'Connell

Jerry O'Connell got a surprise when he saw part of his character's wardrobe in the new Global comedy We Are Men. He didn't find out he would be wearing a skimpy swimsuit in several scenes until he saw it hanging in his dressing room.

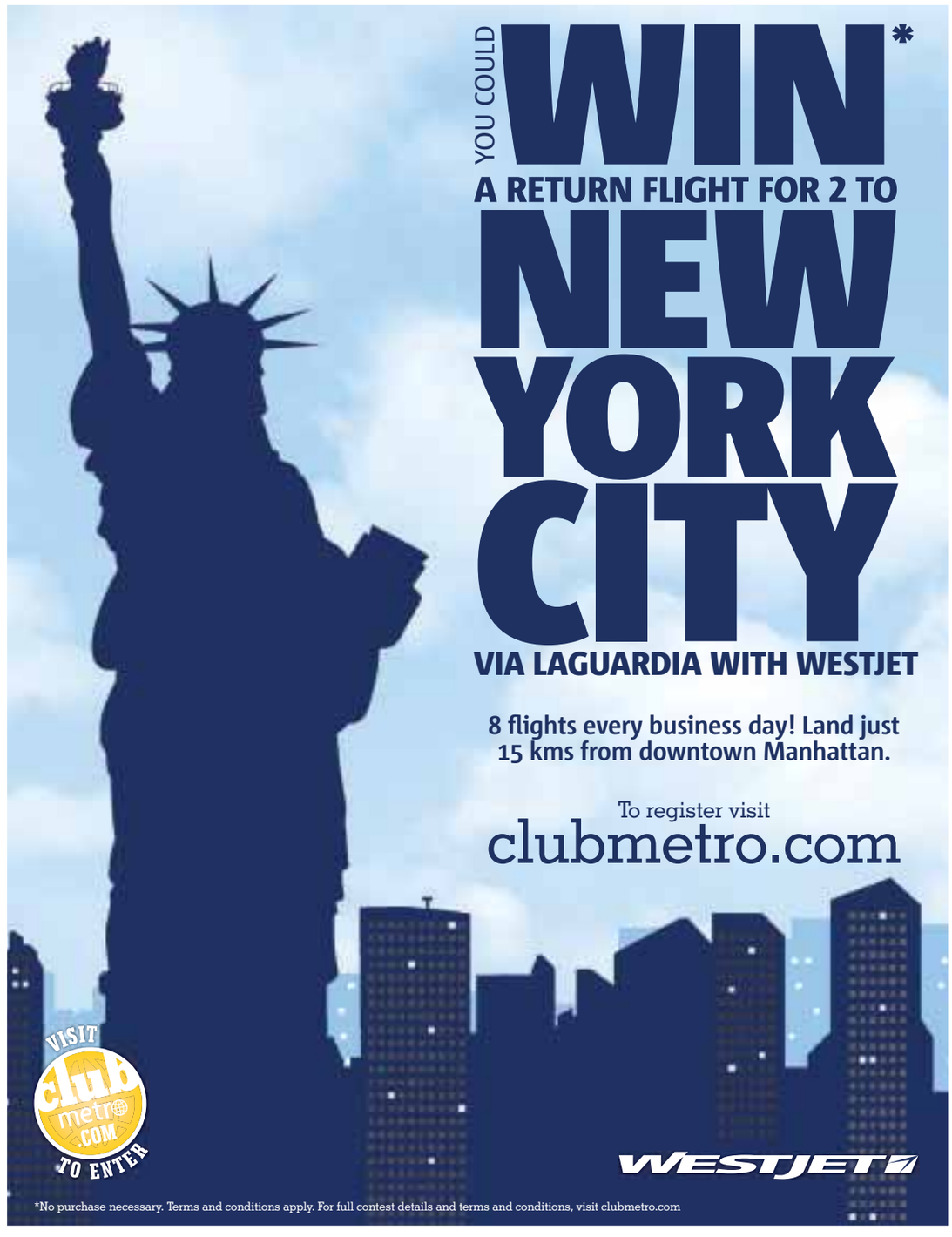
"We're a couple episodes in and I'm in the Speedo continually. I have joined a gym and I've started drinking light beer. I don't know how guys like Michael Phelps do it all the time," he said.

O'Connell's wife, Rebecca Romijn, knows a thing or two about swimsuits as a former Sports Illustrated cover model.

"My wife's advice was, 'Go get a tan, do some push-ups and maybe do some Pilates,'" O'Connell added.

Jerry O'Connell's wife, who is a former Sports Illustrated swimwear model, gave her husband advice on sporting a Speedo. CONTRIBUTED

We Are Men airs Wednesdays starting Sept. 29. THE ASSOCIATED PRESS


YOU COULD
WIN*
A RETURN FLIGHT FOR 2 TO
NEW YORK CITY
VIA LAGUARDIA WITH WESTJET
8 flights every business day! Land just 15 kms from downtown Manhattan.
To register visit
clubmetro.com
VISIT clubmetro.com TO ENTER
WESTJET
*No purchase necessary. Terms and conditions apply. For full contest details and terms and conditions, visit clubmetro.com

Eva Longoria voices Rudy in the new animated series Mother Up. CONTRIBUTED

Short hair, but mixer of mean martinis

Mother Up. Desperate Housewives star fully utilizing college education but hasn't forgotten how to entertain as she takes on lead role as a mom

She has a distinctive voice — and laugh — but that doesn't mean Eva Longoria is seeking out a singing career in her future. "People hear me and say, 'You have a great voice, you can sing!' but I can't," she readily admitted. "I am horrible. I can't sing, but I can be Rudy."

Rudy is the sarcastic, smart, narcissistic — throw in about a half dozen other adjectives — streetwise mom in the new animated series Mother Up. A mid-season addition to City's line-up, the show follows Rudy, a former music exec, as she navigates the roads of suburban motherhood.

"I think that is a compliment," Longoria, who starred in eight seasons of Desperate Housewives, added about her voice. "After Desperate Housewives I thought it would be easy to go into the sound booth without hair and makeup and just crawl into something … but it is not easier; … It is very hard to create a character in a sound booth."

Not only is Longoria adding her voice to Mother Up, she is also executive producing it, along with this summer's successful Devious Maids, which was recently renewed for a second season. We decided to quiz her on a few topics.

On having a say about what Rudy looked like:
"I wanted her to have longer hair, but that is apparently really expensive in animation, like another 'gazillion' dollars when the hair goes past the shoulders. … But usually she has a martini and a cigarette in the hand."

The difference between Rudy and Gabrielle Solis, her character from Desperate Housewives:
"I would say Gaby was my opposite. She hated being married, wasn't really domestic, was a horrible friend, didn't want children, so she was like a giant opposite of me, so it was really fun to play her. Rudy is nothing like anything I have ever been, so she is like a complete opposite. So she is this fun character I get to create totally. I have zero reference to play her."

On pushing the limits with animation:
"It is an adult cartoon, so there is a lot of bleeping. The content is very inappropriate and funny. It's in the realm of Family Guy, American Dad. A little more risqué than The Simpsons. But it is really funny and we can't wait to push the envelope and we are lucky to have a format to do it in."

METRO

AZUL BEACH BY KARISMA
Grand Prize features an AZUL BEACH HOTEL 7-night Gourmet Inclusive® vacation for your family in Riviera Maya, Mexico! With an intimate 148 suite beachfront setting, AZUL BEACH HOTEL [www.karismahotels.com] is the family-friendly, boutique-style property.
You could
WIN
one of 10 copies of "Super Buddies" on Blu-ray™ Combo Pack.
You could also win the SUPER GRAND PRIZE of the Blu-ray™ Combo Pack and an AZUL BEACH HOTEL getaway for your Super Family in Riviera Maya, Mexico!
AVAILABLE NOW
©Disney
No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

Spader's no Whitey Bulger, and that's OK

Blacklist. New series may resemble real life and movies, but there's plenty that's original

NED EHRBAR
Metro World News in Hollywood

In his new series, The Blacklist, James Spader may play a notorious criminal who has long been one of the FBI's most wanted and on the lam for years, but he really wishes people would stop comparing the character to recently convicted gangster Whitey Bulger.

"I want to put that to rest right now," Spader insists. "What was inspired by Whitey Bulger was just the fact that Whitey Bulger was on the FBI Most Wanted List for decades — I don't know how long, but 16 or 17 years; an enormous amount of time. Nobody knew where he was; nobody knew what he was up to, and then all of a sudden, boom, he's found. That was the only correlation."

Spader seems especially keen to clarify that his character in The Blacklist, the enigmatic Raymond Reddington, and a criminal like Bulger are very, very different.

"Whitey Bulger and Raymond Reddington do not relate to each other in any way, shape or form," he says.

"Whitey Bulger, as we all know from the front page of the New York Times every day, was a very powerful crime figure in South Boston. Raymond Reddington's background is very different. He worked in military intelligence, then worked for the NSA and then became a truly international criminal. So the correlation really stops after just the fact that somebody that was on the Most Wanted list for so many years and was invisible all of a sudden resurfaces."

And while we're discouraging comparisons, Spader would also appreciate it if viewers wouldn't draw links to Silence of the Lambs, even if the first episode of The Blacklist finds Spader's Reddington meeting FBI agent Elizabeth Keen (Megan Boone) in a similar fashion.

"Listen, there's no question that you see anybody who's in that containment that you see Raymond Reddington in at the very beginning — very dramatic and stylized containment — it brings up images that you've experienced in pop culture in the past," he says.

"So obviously the correlation seems right there, but Reddington's a very different person. He's not a serial killer in any way, shape or form. He's an operative and a businessman, and his business is crime."

Watch it

- The Blacklist airs Monday on Global starting Sept. 23

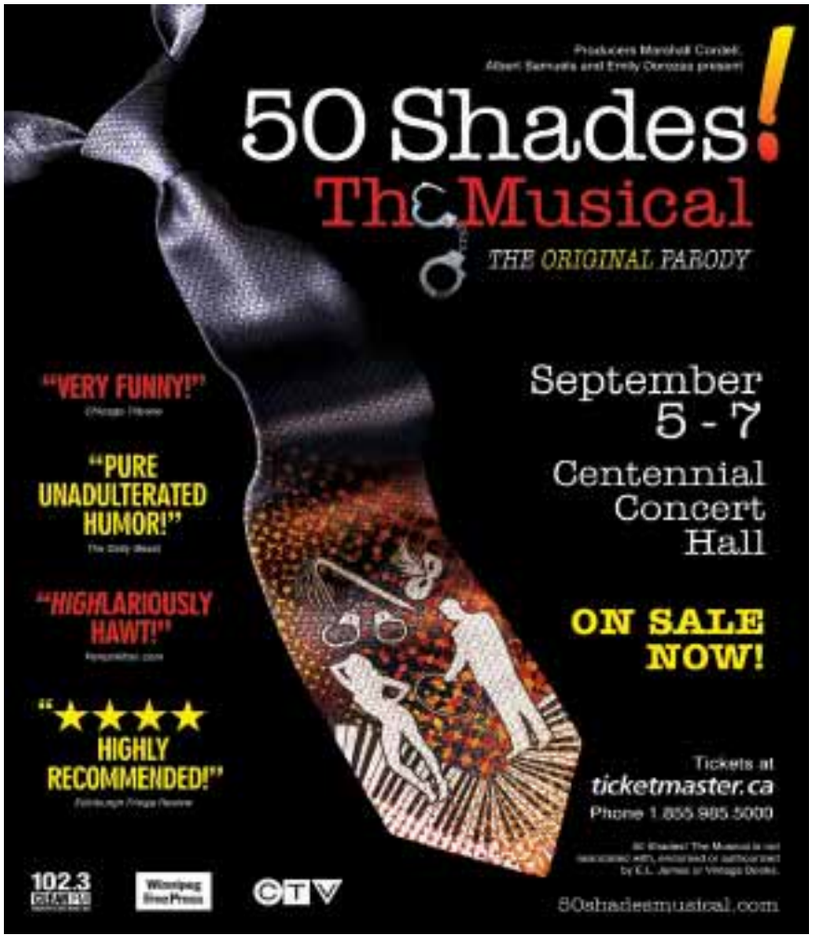
MANITOBA LIQUOR & LOTTERIES PRESENTS
MAINSTAGE ENTERTAINMENT
AT McPHILLIPS STATION CASINO

SCAN YOUR CLUB CARD AT THE SHOW FOR A CHANCE TO WIN SPECIAL PRIZES

See a complete listing of our upcoming shows at
www.casinosofwinnipeg.com
Follow us on

* Prices subject to taxes and fees. All seating is reserved.
All shows at 8pm unless otherwise indicated.
Tickets are available at the casinos, charge by phone at 1-855-985-5000 or order online at ticketmaster.ca
Patrons must be 18 years of age or older. Photo ID may be required.

McPhillips Station CASINO



GARDEN CITY SHOPPING CENTRE
★PRESENTS★
MYSTERY MOVIE
-BY THE MALL-
In partnership with Garden City Community Centre and Raiders Hockey Club

Drop by Garden City Shopping Centre and guess the name of this animated adventure that proves ***even monsters need a vacation*** for your chance to win a prize package; then bring the family to watch this PG-rated fearsomely funny flick for free Thursday, August 29th!

Here's a clue: a main character insists he does not say: "BLEH, BLEH BLEH"

Bring your lawn chair or beach blanket and enjoy this mystery movie on a giant outdoor screen (rain or shine). The 90 minute movie will start at dusk, but it would be best to get to the mall early.

GARDEN CITY SHOPPING CENTRE

**Garden City Shopping Centre,
Your Go-To "get-ready-to-go-back" Centre.**

Only one thing is off limits when interviewing Caplan

Interview. The new star of Showtime's Masters of Sex won't dish on her ink, but she's open about everything else

NED EHRBAR
Metro World News in Hollywood

Lizzy Caplan has a tattoo on her wrist, but she's not about to explain what it symbolizes.

"I never tell," says Caplan, who co-stars with Michael Sheen in the new Showtime series Masters of Sex, about pioneering researchers Masters and Johnson. "That's one that I'll never answer, but you can ask all you want about gross sex stuff."

Challenge accepted.

So how easy is it to talk about sex?
For me? Pretty easy. It's all I talk about (laughs). For everybody? I think it depends on who you are and where you live and how old you are, but for most people it's still not as easy as one would think in 2013.

Why do you think that is?
How many hours do you have? I think we've come a very, very, very long way since 1956, when the show starts. But I also think we have a lot further to go, especially when it comes to women and sexuality.

How much do you talk about sex while filming?
I mean… how much do people talk about sex on any film set? It's like what anybody talks about, so… yeah. We talked about sex just as much as I did on Party Down.

How nerve-racking are the sex scenes to shoot?
I've done a few of them before, and it was very, very scary before doing my first one ever. As soon as that one was done, it was shockingly not scary. Because you grow to realize that nobody there is sitting there critiquing your body.

In fact this is a team of very, very accomplished and experienced men and women who know how to light and film you so you look absolutely great.

What stood out most about taking on the role of Virginia Johnson?
To the naked eye, this woman looks like a well-put-together 1950s secretary, but she's probably the bravest character I have yet to play. There were a lot of people — family, family friends — who told me that they had gone and seen her speak. They all came away with the same impression, which was that she was very charismatic, very smart and even in her older years extremely f—able.

Michael Sheen and Lizzy Caplan star in Masters of Sex. CONTRIBUTED

FOR BEER YOU WON'T FIND ANYWHERE ELSE
THWAITES
LANCASTER BOMBER
ORIGIN: UK
Full bodied English ale with malt aromas and a warming finish
ORIGIN: Ukraine
Light bodied, golden lager with a crisp, clean finish.
Славутич
подвійний хміль
LOOKING FOR A MORE INTERESTING BEER? SOMETHING WITH A LITTLE MORE TASTE AND DEPTH?
WE HAVE MANITOBA'S LARGEST SELECTION OF PREMIUM BEERS.
FIND YOUR BEER, FIND IT HERE.
LIQUOR MARTS
LiquorMarts.ca
AIR MILES Travel and More
Please drink responsibly - Moderation tastes so much better

Lucky 7

Stabbing people can get so tiring

Luis Antonio Ramos, starring in the new City series Lucky 7, became emotional talking about the chance to play something other than a stereotypical Latino character.

"I was tired of playing bad guys and stabbing people in the neck," Ramos said during a recent panel discussion with the media.

In Lucky 7, Ramos' character works at a gas station in Queens, N.Y., and is a devoted family man. The series follows the impact that a shared lottery win has on the station's employees.

THE ASSOCIATED PRESS

Luis Antonio Ramos. CONTRIBUTED

Reign. You won't learn history from this show

The cast and creator of the upcoming series Reign, about the rise of Mary, Queen of Scots, are defending creative liberties taken for the show. Reign stars Adelaide Kane as Mary, a 15-year-old who arrives at court because of an arranged marriage to Francis, the future king of France. One issue: Francis is played by hunky actor Toby Regbo, when in reality Francis was a sickly child. And to keep things interesting, there's a love triangle where Mary is torn between her husband-to-be and another hunky character named Sebastian, who never existed. Kane says the show's target demo of 18- to 34-year-olds won't care. "How many teenage girls do you know that are obsessed with history? I know I wasn't at that age," Kane said.

THE ASSOCIATED PRESS

Reign airs on CTV Two starting Thursday, Oct. 17. CONTRIBUTED

Joss Whedon. Writer enjoys creative freedom on Avengers spinoff

Joss Whedon said he's been enjoying trust as much as freedom from his partners on the much-awaited sci-fi drama, Marvel's Agents of S.H.I.E.L.D. The prolific Whedon said recently that both ABC and Marvel have been involved in getting what they want as the series takes shape, but he added he has been allowed to fulfil his vision. He said everyone is on the same page, while noting he hasn't always been blessed with that sort of creative relationship. S.H.I.E.L.D., premiers Tuesday, Sept. 24, on CTV.

THE ASSOCIATED PRESS

Versatile Spurlock aims his focus in One Direction

The famous five: One Direction, the subject of Morgan Spurlock's latest documentary, in concert. HANDOUT

One Direction: This Is Us. Talented documentarian wants to take the viewer inside the everyday lives of the ultra-famous boyband

NED EHRBAR
Metro World News in Hollywood

Documentary filmmaker Morgan Spurlock has taken on plenty of behemoths, from fast food to the hunt for Osama Bin Laden to the pervasiveness of product placement. Now he turns his cameras on the reigning kings of pop music, One Direction. But with a band that was formed on reality TV, how much more is there to reveal?

How do you approach telling the origin story of one of the most well-documented groups in history?
The thing for me coming into it was to do it as quickly and as cohesively as possible. It's a very quick part of the film. That whole story probably isn't more than five to seven minutes of the actual movie. I just wanted to take you on the ride with this group so you can get a sense of coming into their lives, understand what it's really like to be a part of One Direction.

As you show in the film, these guys really have trouble going anywhere.
The minute they walk out of their hotel, they get off a plane, there's always people there waiting. They have been blown up through social media — I mean, the fans have really taken ownership of this band — to the point that every time they go anywhere it's literally shared out and broadcast on Twitter. So it's difficult for them to go anywhere now.

Speaking of Twitter, having pop idols isn't necessarily new. But this meteoric rise you discuss in the film, it seems without Twitter it couldn't have happened as fast.
I don't think it would've happened as fast. I think Twitter played a huge part in exploding the band throughout the U.K. first, taking them to Europe. People all over the world heard about them and knew about them before they even had their first record out. So this whole idea of sharing that information was incredible, and part of that is the reason that I think the fans are so dedicated to them and so passionate. It's like having stock in a company.

Do you envision the guys from the Backstreet Boys or New Kids on the Block shaking their fists and going, "If only! Damn you, Twitter! How could you have come so late?"
(Laughs) Those guys didn't seem like they were hurting too much. They should be much more upset about the way that their managers roped them into bad deals and massive ownership of the band, which didn't really happen with (One Direction).

There's been a lot of coverage of the guys' tendency to roughhouse and play grab-ass with each other, yet there's none of that in the film whatsoever.
You see them goofing around. In the end credits you see some of the wrestling that's happening, you see them messing around with each other. There's nothing to the extent of what the media turns things out to be. People just think that they wake up and wrestle all day, and that just doesn't happen. They're backstage walking around shirtless every day, so that's in there.

One surprising thing in the film is how distractingly attractive their backing band is.
Yeah, not only are they a good-looking band, but the back-up band is good-looking. That's true. (laughs) They have four incredibly handsome backing musicians. There's not an ugly guy on that stage. I think there was a conversation about getting uglier musicians (to make the guys look better) and they were like, "No, no. We can't do that."

iTunes FESTIVAL

Vampire Weekend
September 15

Thirty Seconds to Mars
September 18

Robin Thicke
September 24

You and a friend. London, England. The biggest concert of the year.

The only way in is to WIN.

Enter for your chance to win a 3-day, 2-night trip for you and a friend to London, England and a pair of tickets to see Vampire Weekend, Thirty Seconds to Mars or Robin Thicke.

Every day in September, the biggest names in music hit the stage at the Roundhouse in London, England. You can watch them live for free on iTunes.

club metro

Enter to win at:
Metronews.ca/iTunesFestival

Official partner for updates, tickets and more
Metronews.ca/iTunesFestival
#iTunesFestival

metro News worth sharing.

No purchase necessary. Contest open to residents of Canada excluding Quebec who have reached the age of 18 years or older. Odds of winning depend on the number of eligible entries received. To enter and for complete contest rules visit www.clubmetro.com

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

One Direction. ALL PHOTOS GETTY IMAGES

One Direction in jokey mood with Swift at VMAs

The boys in One Direction certainly have a sense of humour. When asked by E! News about being at the MTV Video Music Awards with Taylor Swift — who won an award for I Knew You Were Trouble, a song supposedly about ex-boyfriend and One Direction member Harry Styles — they got a bit cheeky, with Niall Horan offering, "I don't know, she just started writing songs about me." Styles himself chimed in, reporting that he'd spoken with Swift that evening. "I said, you know, she needs to leave him alone," Styles joked. "I said, 'Niall is a nice guy.'"

Billy Ray responsible for Piers' achy breaky heart

Piers Morgan

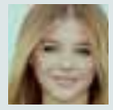
Piers Morgan is having a blast teasing Billy Ray Cyrus about cancelling an appearance on his talk show. "Billy Ray was supposed to be on the show tonight to explain his daughter's behaviour," Morgan offered earlier this week, his hopes dashed that the Achy Breaky Heart singer might weigh in on Miley Cyrus' controversial MTV Video Music Awards performance. "I'm not sure he's quite worked out what his explanation is yet, so we've decided to postpone it."

The Word

Martin's journey out of the closet was a tough one

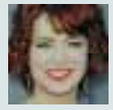
While Ricky Martin has been feeling much more at peace since coming out of the closet three years ago, he didn't always feel so great about himself — something he'd take out on others. The Puerto Rican singer admits to GQ Australia that he used to bully other gay people while he was in denial about his own sexuality. "I look back now and realize I would bully people who I knew were gay. I had internalized homophobia," he says. "I was very angry, very rebellious. I was ashamed. When you're told you're wrong by everyone — from society, from your faith — my self-esteem was crushed. I took my anger out on those around me."

Twitter



@ChloeMoretz
That moment when you're about to say hey to someone cause you think you know them but they just have the same face as someone else cause they go to the same plastic surgeon

@ElizabethHurley
Getting that Going Back To School feeling.....labelling clothes and trying to find gum shields.



@diablocody
I am only cool in 30-second increments before I am consumed by a Pigpen-like cloud of loser-stink.

Alec Baldwin

Paparazzi ensure Baldwin boils over once more

While Alec Baldwin having a nasty run-in with the paparazzi isn't necessarily news anymore, the latest incident got more than a little physical. Baldwin reportedly got into a shoving match with a photographer trying to snap a shot of the 30 Rock star and his wife, Hilaria Baldwin, according to E! News. Photos from the scene show Baldwin forcing the man down against the hood of a car, though neither party elected to file a police report. Hilaria gave birth to the couple's first child just days before the incident.

THE REWARDS YOU WANT
20x faster
SATURDAY, AUGUST 31
20x THE SHOPPERS OPTIMUM POINTS®
WHEN YOU SPEND $50 OR MORE ON ALMOST ANYTHING IN THE STORE.*
FREE feels good
Optimum
SHOPPERS DRUG MART

*Points are issued according to the net pre-tax purchase total of eligible products after redemptions and discounts and before taxes using a valid Shoppers Optimum Card®. Excludes prescription purchases, Shoppers Optimum Bonus Points®, RBC® Shoppers Optimum® MasterCard® points and points associated with RBC® Shoppers Optimum Banking Account, products that contain codeine, non-pointable items, tobacco products (where applicable), lottery tickets, passport photos, stamps, transit tickets and passes, event tickets, gift cards, prepaid phone cards, prepaid card products and Shoppers Home Health Care® locations. Offer applies to photofinishing services that are picked up and paid for on the day of the offer only. Not to be used in conjunction with any other Shoppers Optimum Points® promotions or offers. See cashier for details. ® 911979 Alberta Ltd.

Mad for la mode

As the show comes to a close, let's chat about the clothes

Christina Hendricks says it's going to be difficult when the seventh and final season of Mad Men starts filming this November.

"I just want to milk it as long as possible," said Hendricks, who plays Joan Harris on the critically acclaimed AMC drama.

"I want to really enjoy this last season every second that I can because it's been a really special time for me and a really special show."

Hendricks spoke to The Associated Press on Thursday in Chicago, where she was hosting the opening of the city's Magnificent Mile Shopping Festival.

So what was her favourite outfit during the show's run? A knee-length, belted purple dress with a silk fuchsia scarf, which was recreated for the Barbie collector doll.

"It has a little kick-pleat in the back," she said. "It's all about the detail. That's why I love all those vintage things. It's the details."

THE ASSOCIATED PRESS

Christina Hendricks
GETTY IMAGES

Trends Report

- A new hair trend that has the web already buzzing may be the next big thing for 2014. Go online to Trends Report to find out what it is. Hint: You'll be seeing halos.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetroIreneK

Kiss your lip gloss goodbye

NARS SATIN LIP PENCIL IN LUXEMBOURG $25, NARSCOSMETICS.COM

TOPSHOP LIPSTICK IN MISCHIEF $16, TOPSHOP.COM

When creating a bold lip, keep the rest of your makeup simple.
GETTY IMAGES

CHANEL ROUGE ALLURE VELVET LUMINOUS MATTE LIP COLOUR IN L'EXUBERANTE $34, CHANEL.COM

REVLON COLORSTAY ULTIMATE SUEDE LIPSTICK IN BACKSTAGE, $10

NARS LIPSTICK IN SCARLET EMPRESS $26, NARSCOSMETICS.COM

ESTEE LAUDER PURE COLOR VIVID SHINE LIPSTICK IN POPPY LOVE $25, ESTEELAUDER.COM

Inspired by the striking lips at some of the world's biggest fashion shows, including Burberry, Prada, Missoni and Oscar de la Renta, we decided to round up our favourite bold shades to wear now. Pair them with dewy eyes and barely there makeup for optimum pop.

TINA CHADHA

TOM FORD BEAUTY LIP COLOUR IN WILD GINGER, $48, NEIMANMARCUS.COM

M.A.C'S CULT CLASSIC RIRI HEARTS M.A.C LIPSTICK IN RIRI WOO, $15, MACCOSMETICS.COM

One-minute miracle

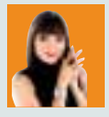
Take a dip in the honey pot

Marc Jacobs Honey Eau de Parfum, $80 (50 mL), available at Hudson's Bay.

"Freshen up your fragrance wardrobe during the last days of summer, with a new spritz from Marc Jacobs. Honey is the inspiration and name of this perfume, but the scent is a mix of pear, mandarin, peach,orange blossom and honeysuckle. With a base of honey and vanilla it smells good enough to eat." Deborah Fulsang, TheKit.ca

FOR MORE FASHION AND BEAUTY NEWS YOU CAN USE, CATCH UP WITH THE KIT AT THEKIT.CA

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@TypeACreative1: The only down side to losing 30 lbs is that my fave maxi dress by @EDITbyJeanneB doesn't fit! @Jeanne_Beker

@Jeanne_Beker: @EDITbyJeanneB Awww! Get a good alterationist!

@DejaLaVogue: hi Jeanne! love how ur Real & Enthusiastic re: fashion. i'm a Cdn accessories artist getting a start... encouraging words? TY:D

@Jeanne_Beker: Don't be afraid. And NEVER give up!!

@charmedchickJG: A curious question: do you like to knit?

@Jeanne_Beker: I have completed a couple of sweaters and many a long scarf in my day!

Back to the school routine

Summer is sadly almost over and the back-to-school routine will be setting in soon for most families. Getting kids up, showered, fed and on their way is no easy task. Here are some handy products to help ease your child into the school year.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Wake-up light

No need to flicker the lights on and off to wake up your teen; there's an alarm/lamp that will do a better job. HF3505 Philips Wake-up Light, $99, homehardware.ca.

Block-out blinds

Get your little ones to sleep early in the evening (or to sleep in on weekend mornings) with room darkening blinds. Roman Blackout Shades, from $39, bouclair.com.

Friendly alarm

Sometimes a trusted friend is the only one that can get the kids out of bed. Let your little one choose their fave. LEGO Ninjago Figure Clock, $25, toysrus.ca.

Carry it all

Tweens and teens will run to the shower if they can take their favourite bath accessories without sharing. Mesh Shower Tote, $18, bedbathandbeyond.ca.

Timed toothbrush

With an auto two-minute timer, you'll be sure they are brushing long enough. Fun music tones tell them when to move the brush to another area of the mouth. Philips Sonicare For Kids toothbrush, $70, target.ca.

Musical shower head

Encourage more time in the shower by playing their favourite music. Moxie shower head and coloured Bluetooth speakers, from $148, kohler.ca.

Breakfast helper

Your teens can have some fun in the mornings by making their own hot breakfast sandwich. Breakfast Sandwich Maker, $30, hamiltonbeach.ca.

Removable memo board

Get them set for the week by having the agenda easily in sight. WallPops! Interlocking Puzzle Dry Erase Board Set, $14, bedbathandbeyond.ca.

No-key door lock

No need to worry about lost keys — simply set up a pass code and finger print system for each family member. ITouchless Bio-Matic Fingerprint Deadbolt Door Lock, $400, homedepot.ca.

Key safe

Keep an extra key safely locked away for babysitters, locked out kids and deliveries to the house. GE Key Safe Slimline Push Button, $40, homedepot.ca.

Butler advice

Ironing tips just in time for school

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

With back-to-school season in full swing, parents are busy buying new clothes for their scholars. With so much to do, most moms and dads don't have the time to iron their children's clothing and most kids don't know how to iron, so how to circumvent this problem?

Here are a few tricks to help speed things along.

1. Buy casual clothing — jeans, T-shirts, sweatshirts etc. Traditionally casual clothing requires less care than formal clothing — like 100 per cent cotton dress shirts and linens.

2. When you wash clothes, and then put them in the dryer, do not over dry them. As soon as the dryer is finished, pull them out and either hang them or fold them. This helps reduce the wrinkles.

3. When you have your morning shower, hang the garments in your bathroom and close the door. The steam will help relax the fibres and release some of the wrinkles.

4. This works really well with shirts and bed sheets. Again take the sheets out of the dryer as soon as they are ready. In the case of sheets, put them on the bed and give a very light spray of cold water. Tug the sheet from all sides and let them dry. This will help release the wrinkles. The same technique works for dress shirts. Hang them on a hanger and lightly spray with cold water and pull the shirt out from all sides.

In the end, there is nothing better than a freshly ironed bed sheet or dress shirt, but in the event that you can't or just won't iron, the above will surely be of some help.

Is there anything better than a freshly ironed shirt? (I doubt it.)
ISTOCK IMAGES

Creating a comfortable family room that works for the entire... well you know

Room advice. How can you design a stylish, sophisticated family room where grown-ups will want to spend time, while still keeping the space kid-friendly?

A family-friendly breakfast nook designed by Brian Patrick Flynn that showcases the designer's mix of classic patterns such as plaid, youthful colors such as navy blue and red, commercial-grade fabrics like automotive vinyl used for kid-friendly residential upholstery, and tables with rounded corners to avoid any mishaps from roughhousing. THE ASSOCIATED PRESS

A family focused dining room. Interior designer Flynn had his client's family photography cropped tightly, then printed over scale in black and white for use as dining room art.
THE ASSOCIATED PRESS/BRIAN PATRICK FLYNN

In many homes, the "family room" is decorated with just one purpose: to withstand the impact of juice-spilling, game-playing, cookie-eating, crayon-wielding children. The result is often a room that's long on durability but short on style.

Three design experts — Brian Patrick Flynn of decordemon.com and Flynnside Out Productions; Betsy Burnham of Burnham Design; and Jon Call of Mr. Call Designs — offer some advice:

Strong frabrics

"Design technology and textiles are catching up with our family-friendly lifestyle," says Burnham. "There are so many outdoor fabrics, so many amazing vinyls" that are durable and easy to clean, but also look good. Burnham is a fan of Holly Hunt fabrics treated with Nano-Tex, which resists spills and stains without changing the fabric's texture.

Indoor/outdoor rugs are another great option now that they're being made with materials soft to the touch. Flynn, who often uses Sunbrella indoor/outdoor fabrics, suggests upholstering with removable slipcovers for easy cleaning.

When choosing slipcovers, "washed linen is great since it's meant to look worn-in and super casual." He's also a fan of very dark denim.

Neat sofas

Call recommends skipping sofas that have three or four seat cushions and several more cushions across the back. "If you've got kids playing and jumping on those," he says, you'll constantly be finding the cushions out of place or on the floor. Instead, he says, pick a sofa with one large seat cushion and no separate cushions along the back.

Multi-use tables

Family rooms are built for entertaining, so think about flexible seating, Burnham says. "Maybe a side table that's also a stool, or a coffee table that's also a bench or an ottoman." Kids can use an ottoman as a surface for games, while adult party guests can use it as seating.

Opt for tables with rounded corners for safety in rooms where kids often play, Flynn says, and choose tables with "metal or weathered wood tops. Metal tops can withstand heavy wear and tear, while weathered wood is intended to look worn, so as kids take their toll on the pieces, it simply adds to the intended look."

Varied lighting

Rooms that do double-duty need lighting that does too, says Call. "When you have adults over or if you're watching TV or it's a more intimate moment, you want a lamp by the sofa, at eye-level or below, to create intimate pools of light," he says.

But kids doing homework or art projects need the brighter light that overhead fixtures provide. Make sure your family room has both.

Extra storage

Have a place for everything, Burnham says, so toys and other kid-related items can be put away easily at the end of the day. She recommends a wall of built-in cabinets with doors, so kids' clutter can be easily stashed, at hand but out of sight.

She also suggests creating storage space in the family room for a few fragile or valuable items that aren't kid-friendly.

"You can have a cashmere throw in the cabinet that you pull out for the adults," Burnham says.

THE ASSOCIATED PRESS

Using bold colours

- In a high-traffic family room, Call suggests sticking with deeper colours rather than whites or pale shades.
- Flynn agrees: "The one colour I use more than any other in family-centric spaces is navy blue," he says, because it can appeal to the whole family. He recommends Seaworthy navy from Sherwin-Williams: "It has just the right amount of purple in it to make it bright instead of dark."
- "Red is another high-energy hue which works great in family rooms," Flynn says, which works well with most other colours, especially black-brown, navy blue and charcoal.

There's a page for that in the new IKEA Catalogue.

Visit IKEA.ca/Catalogue to see it now.

© Inter IKEA Systems B.V. 2013.

Where protein and veg exist in unity

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This is a great dinner when you want to combine your protein with your vegetables. Eggplant and chicken go so well together.

It's a comfort-type meal that's great the next day as well.

Ingredients

- 2 eggs
- 2 tbsp milk
- 2/3 cup seasoned bread crumbs
- 3 tbsp grated Parmesan cheese
- 4 crosswise slices of eggplant, skin on, approximately 1/2 inch thick
- 1 lb skinless, boneless chicken breasts (about 4, pounded thin)
- 2 tsp vegetable oil
- 1 tsp minced garlic
- 1/2 cup tomato pasta sauce
- 2/3 cup grated havarti or mozzarella cheese

Layered Chicken and Eggplant Parmesan

This recipe serves four. COURTESY ROSE REISMAN

1. Preheat oven to 425 F. Spray a baking sheet with vegetable spray. In small bowl, whisk together eggs and milk. On plate stir together bread crumbs and Parmesan. Dip eggplant slices in egg wash, then coat with bread-crumb mixture. Place on prepared pan and bake for 20 minutes, or until tender, turning once.

2. Meanwhile dip chicken in remaining egg wash, then coat with remaining bread-crumb mixture. Heat oil and garlic in nonstick skillet sprayed with vegetable spray and cook chicken for 4 minutes, or until golden brown, turning once.

3. Spread 1 tbsp of tomato sauce on each eggplant slice. Place one chicken breast on top of each eggplant slice. Spread another 1 tbsp of tomato sauce on top of each chicken piece. Sprinkle with cheese and bake for 5 minutes or until cheese melts.

For your phone

College Kitchen Cookbook (iPad; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Amongst advice for reheating leftovers, using slow-cookers and creating hang-over cures, this post-secondary chef's guide includes frugal and creative recipes for making ramen burritos, Margherita pizzas, and no-bake cookie bars.

DOWNTOWN WINNIPEG
FARMERS' MARKET
- home grown goodness -
Thursdays
11:30am - 5:30pm
July 4 - September 26
NEW! EXTENDED DATES
Manitoba Hydro Place Plaza
(corner of Edmonton Street and Graham Avenue)
Check www.downtownwinnipegbiz.com for this week's vendors!
centreventure development corporation
THE SHED
downtown WINNIPEG BIZ
102.3
Winnipeg
Manitoba Hydro

Have your beer and roast a chicken, too

1. Set oven rack in lowest position in oven. Remove upper racks. Heat to 175 F.

2. Wash hands well with soap. Remove neck and bag of giblets from inside chicken. Slide fingertips underneath skin at neck opening and gently work skin away from meat. Continue as far as you can reach on both front and back. Turn chicken over, and repeat from cavity opening at base of bird, making sure to loosen skin on drumsticks so that it is attached only at the wings and the ends of legs.

3. Use knife to pierce skin at foot end of each leg and at tail end of the front and back.

4. Pour contents of beer can into a glass, and enjoy. Push empty can into the tail end of the bird far enough that it can stand upright as it rests on can.

5. Use bulldog clip to pinch skin closed so that steam inflates the loose skin like a balloon and holds it away from the damp meat as the chicken roasts.

6. Set baking sheet in oven. Insert probe of oven-safe thermometer into deepest part of the chicken's thigh. Stand chicken upright (on can) on baking sheet and roast until core temperature reaches 145 F if you want the white meat to be juicy and tender; for more succulent dark meat, continue roasting to a core temperature of 150 F. A medium-size roaster will need 3 to 4 hours.

7. After first 30 minutes of roasting, check effective baking temperature by inserting digital thermometer through the skin to a depth of 3/8 of an inch. Temperature should be within 5 F of target core temperature (either 145 F or 150 F). If it is too high, open oven door for several minutes; if it's too cool, increase oven setting slightly. Repeat this check of the near-surface temperature every half hour.

8. When core temperature hits target, take chicken out and let rest, uncovered, for 20 minutes. Meanwhile, increase oven temperature to hottest baking setting. Don't use broiler.

9. Return bird to hot oven, turn on the light, and watch it carefully as it browns. The goal is crisp, golden brown skin. Skin will start to brown quickly, and browning will accelerate once it starts, so keep your eye on it. Once the chicken browns, remove can, carve the bird and serve immediately while the skin is crispy.

THE ASSOCIATED PRESS/ W. WAYT GIBBS, EDITOR-IN-CHIEF OF THE COOKING LAB, THE CULINARY RESEARCH TEAM LED BY NATHAN MYHRVOLD

Ingredients

- 1 medium roaster chicken
- 12-oz can of cold beer (any variety you like to drink)

metro

BACK TO SCHOOL

Thursday, August 29, 2013

Advances in technology, such as tablets, laptops and smartphones, are taking the power of learning to a whole new level in schools across the country. SYDA PRODUCTIONS/COLOURBOX

No more pencils, no more books

Change. Interactive technology means schools are slowly switching to paperless classrooms

MICHELLE WILLIAMS
For Metro

Digital learning has finally come of age in schools.

"Learning in the 21st century is all about getting kids actively involved and highly engaged, giving the students a voice and encouraging them to take ownership of their learning," said Toronto District School Board principal Cassandra Alviani-Alvarez.

Access to technology in every school, from laptops to tablets to smart boards (interactive white boards), is interactive and paying off in classrooms.

"Kids are spending a lot more time learning," Alviani-Alvarez said. "We have mobile carts that travel from class to class with enough tablets and laptops for everyone in the class. It's fair to say that, in some schools, kids are spending well over half their time on computers."

While not all schools are wireless yet, ministries are pushing for high-tech learning in the near future. It's meant to keep up with the fast pace of the digital world and optimize electronics in child-based learning.

"We want kids to have good problem-solving and critical-thinking skills," Alviani-Alvarez said. "And we live in an era where learning happens quickly as a result of the Internet. We're also in an app world. Kids use apps for everything from figuring out money to doing multiplication tables."

So how does it all work?

"Teachers post work on a smart board, kids do the work on their computers or tablets and submit the work online to their teacher using the class website," Alviani-Alvarez said.

"Kids love learning this way and it takes the power of learning to a whole new level."

So are books going the way of the dinosaur?

"Of course we still use books, paper and writing utensils. We don't want kids sitting in front of the screen all the time. But computers have so many great applications to help spark engagement, deepen learning and open new possibilities for students."

visit
metronews.ca
metro

Village Green English Dance
7:30 pm - 9:30 pm Wednesdays
mid September - April
Everyone Welcome!

Harrow United Church
955 Mulvey Ave.
Winnipeg, Manitoba
Katherine @ 204-475-2097
www.villagegreenenglishcountrydancing.org

12 Days of Back to School Contest
KP BACK TO SCHOOL
...and you will too!
DAY 11
Today's Prize valued at $210
Provided by: RIVER CITY SPORTS & KEY MAN ENGRAVABLES
August 19-30 • Enter Daily at kpcontests.com
kildonan place

ezmarketing.ca
BACK TO SCHOOL!
The only cross border shopping site you need!
Greater Grand Forks • Fargo-Moorhead
Twin Cities & Area • EZ Golf Guide
Weather widget for all our destination cities!
North and Southbound border wait times at a glance!
Links to Canadian and US border information.
Links to MB, ND and MN. Highway conditions!
No sign up or email required.

Kids should eat a breakfast consisting of choices from at least three of the four food groups. SYDA PRODUCTIONS/COLOURBOX

Boost your breakfasts

MICHELLE WILLIAMS
For Metro

Studies show that children who eat breakfast concentrate more and learn better with energy to participate in activities.

Brandy McDevitt, a registered dietitian and co-owner of TummyThyme, an Ottawa-based consulting service specializing in kids nutrition, answers some questions about breakfast before going to school.

Q My kids only want to eat high-sugar cereals. Should I just let them eat it?

A For healthier cereal choices, look for options made with whole grains with at least five grams of fibre and less than 10 grams of sugar per serving with a short list of ingredients that you can understand.

Q We are late sleepers and never seem to have time to sit down for breakfast on weekday mornings. What can I do to ensure my children eat healthy?

A Do some healthy baking in bulk on the weekends when you have time. Other quick and easy options to grab and go are fresh fruit and a handful of nuts, individual containers of yogurt, or dry cereal in a baggie.

Q How do I know if my kids are eating a healthy breakfast that optimizes learning?

A A balanced breakfast would consist of at least three of the four food groups. Some examples would be bran cereal with yogurt and blueberries; whole-grain bread, peanut butter and milk; a homemade banana muffin and a glass of almond milk; or eggs, whole-grain toast and sliced tomatoes.

24 HOUR COVERAGE
For as little as $13 a year, your child is covered for all accidents at school, home or play.
Register Online

MANITOBA School Boards ASSOCIATION
StudentAccidentInsurance.ca
PHONE TOLL FREE: 1-800-665-8990
EMAIL: sai@westernfgis.ca

Forming study groups with classmates is a great way to stay on top of work, build a support system and form social connections. COLOURBOX

A smooth transition

University/college. It helps to know that some anxiety is normal, says one expert

MICHELLE WILLIAMS
For Metro

There is always an adjustment when kids change schools, but there is nothing quite like making the transition to university from high school.

For many, it's not just switching schools, it's also moving away from the safe place you have called home all your life and forging new friendships among a vast sea of other students all dealing with the same set of challenges.

"Many first-year students adjust to university life with minimal difficulty," said Aneesa Shariff, a psychologist with the University of British Columbia counselling services. "However, some of the most common problems I hear about tend to cluster around a theme of feeling lost. Some students find it difficult to navigate a large campus having come from high school and this can be even more challenging for students who are from smaller towns.

"It helps to know that some anxiety is normal in the face of multiple changes, but with a little patience and perseverance, most students adapt well after a short period of time."

She stresses that if things don't improve or seem to be getting worse after a few weeks on campus, remember that universities have many resources and services to help support students through the transition.

One common concern for parents is the academic shift.

"There's a big adjustment around being one face among hundreds in large lectures," Shariff said. "Perhaps the biggest change is the lack of check-ins around homework and assignment completion, which is a significant shift from the structure of high school classes. This makes it difficult for some first-years to keep pace with coursework and can negatively impact their academic performance."

Shariff recommends a fixed study schedule from the beginning of the school term. While it may be tempting to put off serious studies until midterms, this can cause tremendous stress and is often a recipe for failure.

Forming study groups with classmates is a great way to stay on top of work, build a support system and form the social connections that will contribute to a positive transition to university life and academic success.

FortWhyte Alive
HUMAN. NATURE.

Program Sponsor: LAFARGE

Join our Volunteer Team of
Fall School Program Leaders
Stay Active! Do something that matters in your community. Share your knowledge and skills.
Training starts September 5
Flexible weekday commitments
Visit www.fortwhyte.org/volunteering or call (204) 989-8368 for more information.

It's Never Too Late!
A high school diploma is attainable for all ages!

Have you ever wondered about the possibility of achieving your high school diploma? Manitoba Adult Learning Centres (ALCs) can help you reach your educational goals. Whether you left school in grade eight or nine, many years ago, or you would like to upgrade select high school credits, ALCs across the province offer a variety of programs to help you along the way. A Mature Student High School diploma is a fully recognized high school diploma requiring the completion of eight high school credits including four credits at the grade twelve level (including English and Mathematics). If you have already achieved some high school credits, these can be transferred to your Mature Student High School transcript. If you are a high school graduate, you can take the credits you need for career advancement or post-secondary study. Government funded programming allows you to open more doors by enhancing your education.

So what are you waiting for? Sign up to improve quality of life and self satisfaction.

Serving Garden City/Maples
CrossRoads Learning Centre Inc.
Unit H - 2211 McPhillips Street
(204) 953-2030

Serving the North End
Adult Education Centres
1240 Main Street
(204) 953-0818

For other ALCs in Manitoba, please visit:
http://www.edu.gov.mb.ca/ael/all/directory/pdf/all_directory.pdf#page=1

Manitoba

HAPPY 1ST ANNIVERSARY! EVENT
EYE DEFINE
FRAMES 20% OFF
LENSES 20% OFF

FREE JEWELRY BOX WITH PURCHASE

EYE DEFINE OPTICAL 954 ST.MARY'S RD. 204-417-8771 Visit us on facebook www.eyedefineoptical.ca

AP
Active Paws Agility
Non-Competitive, Just for Fun Way to Stimulate, Train and Bond with your Dog!
Various locations around Winnipeg
For more information check out our website: **www.activepawsmanitoba.com**

204.899.8005 www.activepawsmanitoba.com Miranda@activepawsmanitoba.com

Read metro work every Monday and Wednesday for tips and trends in education and employment.

Only in Metro. News worth sharing.

THE GREATEST CLUB SINCE "SANDWICH"
JOIN CLUB METRO TODAY!
CLUBMETRO.COM

Kindergarten checklist

MICHELLE WILLIAMS
For Metro

The exciting first day of school is just around the corner for your child entering kindergarten. Are you all ready for this new milestone?

Toronto District School Board kindergarten teacher Lorraine Arnone-Di Mondo shares some tips for a smooth start to the school year:

1 Make sure the school has a complete and current list of emergency contact numbers. "It's amazing how often we try and call parents and we can't get hold of them," Arnone-Di Mondo said.

2 Have proof of vaccination papers ready. "If you aren't able to supply these for any reason, it could interrupt the start of school for your child."

3 Ensure your child can go to the bathroom independently. "Kids should be able to wipe, flush and wash their hands on their own. They should also know about coughing into their elbow and wiping the nose with a tissue to avoid spread of germs."

Are you and your child ready for the first day of kindergarten? These helpful tips may help the transition go smoothly. COLOURBOX

4 Children should have a solid bedtime regimen. "Start this routine before school starts so they're alert and on time when they arrive."

5 Help them learn the basics. Practise counting, reciting the alphabet, recognizing numbers, letters, colours and some animals, along with things like the difference between two and three or what certain letters sound like.

6 Teach your child to print their name. "Students should be able to hold a pencil and identify the appearance of their name so they can locate their things within the classroom."

7 Expose your child to books every day. Choose books with pictures and large text so the child can make a connection between words and concepts. "We don't expect a child to read, but they should know how to hold a book, open it and turn pages."

8 Teach them how to independently dress themselves. They need to be able to take coats and boots on and off. "Buy shoes with Velcro if they can't tie their laces."

9 They should have a backpack with their name on it. "It needs to be big enough for artwork, books, snacks, lunches and shoes, but small enough for them to manage."

10 Send in an extra bag with a change of clothes for your child. "This is just in case clothes get wet or spilled on." Ensure that their name is on everything.

Hurry in to get up to a $100 bonus gift[1] on select smartphones.
Plus, more deals on other great phones!
Clear your Tab within 24 months, guaranteed!

Samsung Galaxy Ace II™ x $0 With Tab Small[2]
Samsung Galaxy S III™ $0 With Tab Large[2]
koodo™
Offer ends September 12, 2013.
BEST BUY FUTURE SHOP LONDON DRUGS THE MOBILE SHOP Walmart
See store for full details. (1) Bonus gift will vary by store location. Bonus gift available with new activations only. While quantities last. (2) Subject to approved credit. Monthly Tab charge may apply.
koodo shop
Winnipeg
Kildonan Place Shopping Centre
Polo Park Shopping Centre
Portage Place
St. Vital Shopping Centre
Brandon
Shoppers Mall

Post-secondary. Help your child with their new venture

MICHELLE WILLIAMS
For Metro

Parents should play a role in helping their child adjust to life at a post-secondary institution. COLOURBOX

Is your son or daughter leaving the nest to head off to university or college?

With the help of Janice Robinson, director of University of British Columbia's residence life and administration in student housing and hospitality services, here are some ways you can help support your student as they venture off to a post-secondary institution.

Read up together. Go online with your child and find out about the resources offered on campus and read any emails the university or college has sent. Review the residence contract together to find out about the rules of the residence. And pick up a copy of Don't Tell Me What to Do, Just Send Money: The Essential Parenting Guide to the College Years (2011 edition) by Helen Johnson and Christine Schelhas-Miller.

Talk. Take time to discuss such matters as how your child will manage the commitment of homework, deal with such temptations as alcohol, drugs, sex and partying, maintain a budget, eat properly, do laundry and keep themselves and their belongings safe. Be sure your student knows their residence adviser is there to help.

Get organized. Check that your child is packing appropriately for campus life without too much (residence rooms are small) or too little. Ensure their belongings are properly insured against loss and theft.

Text, email and call. Let your child know how things are going at home, but don't expect as much information in response. This is a time when students are seeking independence, so give them space.

Reassure. If your child does call or write you in a panic, it's important to be calm and supportive. Coach them about ways to manage and seek help, and resist the temptation to step in unless things seem to be spiralling out of control.

CDI college

WE'RE HERE TO STAY!
JOIN US AT OUR UPCOMING OPEN HOUSE!

September 5, 2013
6–8pm (Check-in at 5:30pm)
CDI College Winnipeg
280 Main St.

WIN A $1,000 SCHOLARSHIP!
openhouse.cdicollege.ca

WHAT'S IN SEASON YOU ASK? OUR HANDY GUIDE HELPS YOU KNOW WHAT TIME OF YEAR YOU CAN FIND MANITOBA VEGGIES AND FRUIT AT THE GROCERY STORE, FARMERS' MARKET, OR EVEN YOUR OWN BACKYARD!

Discover Food From Home!

WHAT'S IN SEASON

VEGETABLES	JAN-APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Asparagus		■	■						
Beans				■	■	■			
Beets	■		■	■	■	■	■	■	■
Broccoli			■	■	■	■	■		
Brussel Sprouts					■	■	■		
Cabbage	■			■	■	■	■	■	■
Carrots	■			■	■	■	■	■	■
Cauliflower			■	■	■	■	■	■	
Celery					■	■			
Corn, Sweet				■	■	■			
Cucumbers				■	■	■			
Eggplant				■	■	■			
Garlic					■	■	■		
Kale			■	■	■	■	■		
Lettuce			■	■	■	■	■		
Onions, Green			■	■	■	■	■		
Onions, Red & White	■	■			■	■	■	■	■
Parsnips	■		■	■	■	■	■	■	■
Peas			■	■	■				
Peppers				■	■	■			
Potatoes, Baby			■	■					
Potatoes, Red & Russet	■	■	■	■	■	■	■	■	■
Potatoes, Yukon	■	■				■	■	■	■
Pumpkins					■	■	■	■	
Radish			■	■	■				
Rutabagas & Turnips	■				■	■	■	■	■
Spinach			■	■	■	■			
Winter Squash						■	■	■	■
Summer Squash			■	■	■	■			
Swiss Chard				■	■	■	■		
Tomatoes				■	■	■			
Zucchini			■	■	■	■	■		

FRUIT									
Apples					■	■			
Cherry, Sour				■	■				
Melons					■	■			
Raspberry			■	■	■	■			
Rhubarb			■	■	■				
Saskatoon				■	■				
Strawberry			■	■	■				

Taste. Smile. Repeat. buymanitobafoods.ca

Venus Williams reacts after slipping on the court during her match against Zheng Jie on Wednesday in New York. MATTHEW STOCKMAN/GETTY IMAGES

Venus falls from orbit at U.S. Open

Tennis. Two-time champ stumbles short of third round in a marathon match

Venus Williams dug herself out of deficits over and over again, until she simply ran out of solutions, exiting the U.S. Open before the third round for the third year in a row.

At 33, two-time champion Williams was the oldest woman in the second round at Flushing Meadows, and while she made things interesting after a poor start to the match and to the final set, she couldn't sustain her solid play all the way through and lost to 56th-ranked Zheng Jie of China 6-3, 2-6, 7-6 (5) on a wet Wednesday.

The match lasted three hours and two minutes — making it the longest between women in the tournament so far — with the third set alone going 1 1/2 hours. It came to a close when Williams missed a volley, then a return, on the last two points. She wound up with 44 unforced errors in all, half on forehands.

During her on-court interview, Zheng addressed the partisan crowd that was pulling for Williams, saying: "First, I want to say, 'Sorry, guys.'"

Rain began falling in the early afternoon, jumbling the schedule, and eight women's singles matches were postponed, including Williams' younger sister, defending champion Serena, against Galina Voskoboeva.

Canadian Eugenie Bouchard's match against Germany's Angelique Kerber was postponed until Thursday.

THE ASSOCIATED PRESS

Wet and wild

There were more than four hours of delays Wednesday.

- In the handful of matches that were completed by early evening — men in the first round, women in the second — 2011 French Open champion Li Na and Agnieszka Radwanska won in straight sets.

Baseball

Sadler smashes Saints for 4 RBIs in Goldeyes win

Ray Sadler went to work for the near-capacity 7,029 fans down at Shaw Park on Wednesday night as the Winnipeg Goldeyes cruised to a 9-2 victory over the St. Paul Saints.

Sadler's four-RBI effort, which included an absolutely booming two-run shot to left-centre in the seventh for his team-leading 18th round-tripper on the year, bumps the Goldeyes' record to 53-42 as they chase down the American Association wildcard with the regular season wrapping up on Labour Day.

Winnipeg starter Chris Salamida was solid in seven complete, allowing two runs on five Saints hits, only finding trouble in his final inning of work as Donald Blunt roped an RBI-triple down the left-field line before he was brought in on a Chris Manning single.

Salamida earned the victory, improving his record on the season to a perfect 7-0 with a squeaky clean 2.01 ERA. The 29-year-old came out of retirement in late July.

Every Goldeye batter came to the plate in a four-run fourth before the Fish added another pair of runs in the fifth to chase Saints starter Cole Nelson from the game.

Winnipeg remains 1 1/2 games back of wildcard holder the Gary RailCats, who beat the Kansas City T-Bones 10-4 Wednesday night.

DARRIN BAUMIN/FOR METRO

Blue Jays catcher J.P. Arencibia tags out the Yankees' Alex Rodriguez at home plate in Toronto on Wednesday. FRANK GUNN/THE CANADIAN PRESS

Blue Jays bounce Bronx Bombers in rubber match

Edwin Encarnacion hit a two-run homer and Ryan Goins scored twice as the Toronto Blue Jays defeated the New York Yankees 7-2 on Wednesday night in Toronto.

The Blue Jays put up four runs in the first inning off New York starter Hiroki Kuroda and Encarnacion added some insurance an inning later with a rainbow blast that just cleared the left-field wall.

Toronto starter Todd Redmond (2-2) was effective over 5 2/3 innings as the Blue Jays won the rubber match of the three-game series in front of 36,565 fans.

The Blue Jays batted around in the first inning and scored all of their runs with two outs in the frame.

Redmond gave up three hits, two earned runs, four walks and struck out seven.

Kuroda (11-10) allowed five earned runs and nine hits over five innings of work. He walked a batter and had four strikeouts.

Toronto outhit New York 10-5. The game took two hours 51 minutes to play.

Entering Wednesday's games, New York was 4 1/2 games out of a wild-card spot and 7 1/2 games behind first-place Boston in the American League East. The Blue Jays are last in the division.

THE CANADIAN PRESS

What we learned from camp

Over two-plus days of meetings and walkthroughs, 45 of Canada's potential Olympic men's hockey players took the first step toward Sochi in February. Here's what we learned from their time in Calgary.

THE CANADIAN PRESS
Photos by Getty Images

Babcock is smart

Genius is a word thrown around far too often in sports. Coach Mike Babcock isn't Albert Einstein, but his idea to have players go through ball-hockey walkthroughs because insurance issues kept them from skating was brilliant. From that, the players got a good idea of spacing and systems on the bigger rink and had a blast while learning.

Locked and loaded

General manager Steve Yzerman conservatively estimated there are seven or eight so-called "locks" to be in Sochi, as long as those players are healthy. He wouldn't say who, but it's fair to consider that group could include Sidney Crosby, Jonathan Toews, Duncan Keith, Steven Stamkos, John Tavares, Rick Nash, Patrice Bergeron, Shea Weber and Drew Doughty.

This isn't 2010

As celebrated an accomplishment as winning gold in Vancouver in 2010 was, don't expect Canada to copy and paste that roster over to Sochi four years later. This is a team that learned from 2006, when it brought back a majority of players who won the 2004 world championship and thought it would be a recipe for success in Turin. There's a focus on finding specific role-players who can thrive on the big ice.

Babcock is coy

During two days of ball-hockey walkthroughs, the 40 position players were split up into lines and pairings that Babcock insisted no one should read anything into. He said the lines were put together intentionally to be misleading. So is it a coincidence that the magic pair of Toews and Nash were together? What about the lefty-righty defensive pairings?

Management is organized

The management group has a representative in each of the NHL's four divisions. With not even half the roster essentially set in stone, scouting will be a nightly endeavour, and players understand that consistency is crucial. Regular conference calls will allow management and the coaching staff to stay in touch.

NHL

Kichton signs on with Winnipeg

The Winnipeg Jets have signed defenceman Brenden Kichton to a three-year, $1.86 million US entry level contract.

The 21-year-old was named the WHL's defenceman of the year last season after recording 85 points (22 goals, 62 assists) in 71 games with the Spokane Chiefs.

Brenden Kichton
GETTY IMAGES FILE

The Spruce Grove, Alta., native had 67 goals, 201 assists and 143 penalty minutes over 333 career regular-season games with the Chiefs.

Kichton was originally drafted in the fifth round, 127th overall, by the New York Islanders in the 2011 draft. After failing to come to an agreement with the Isles he entered the 2013 draft, where Winnipeg took him in the seventh round, 190th overall.

THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	79	55	.590	—
Tampa Bay	75	56	.573	2½
Baltimore	70	61	.534	7½
New York	70	63	.526	8½
Toronto	**60**	**74**	**.448**	**19**

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	77	56	.579	—
Cleveland	71	61	.538	5½
Kansas City	67	64	.511	9
Minnesota	57	73	.438	18½
Chicago	55	76	.420	21

WEST DIVISION

	W	L	Pct	GB
Texas	78	55	.586	—
Oakland	75	57	.568	2½
Los Angeles	59	72	.450	18
Seattle	59	73	.447	18½
Houston	44	87	.336	33

Wednesday's results
Toronto 7 N.Y. Yankees 2
Oakland 14 Detroit 4
Texas 12 Seattle 4
Tampa Bay 4 L.A. Angels 1
Boston 4 Baltimore 3
Houston at Chicago White Sox
Kansas City at Minnesota
Tuesday's results
N.Y. Yankees 7 **Toronto 1**
Oakland 6 Detroit 3 (5 inn.)
Texas 4 Seattle 3 (10 inn.)
L.A. Angels 6 Tampa Bay 5
Chicago White Sox 4 Houston 3
Kansas City 6 Minnesota 1
Boston 13 Baltimore 2
Thursday's games
All times Eastern
Oakland (Colon 14-5) at Detroit (Scherzer 19-1), 1:08 p.m.
L.A. Angels (Vargas 7-5) at Tampa Bay (Odorizzi 0-0), 1:10 p.m.
Kansas City (Chen 5-2) at Minnesota (Deduno 8-7), 1:10 p.m.
Baltimore (Tillman 14-4) at Boston (Lester 12-7), 7:10 p.m.
Seattle (Ramirez 4-1) at Houston (Lyles 6-6), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	80	52	.606	—
Washington	66	65	.504	13½
Philadelphia	60	72	.455	20
New York	59	71	.454	20
Miami	49	81	.377	30

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	78	54	.591	—
Pittsburgh	77	55	.583	1
Cincinnati	74	59	.556	4½
Milwaukee	58	74	.439	20
Chicago	56	77	.421	22½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	78	55	.586	—
Arizona	68	63	.519	9
Colorado	62	72	.463	16½
San Diego	59	73	.447	18½
San Francisco	59	73	.447	18½

Wednesday's results
Atlanta 3 Cleveland 2
Pittsburgh 7 Milwaukee 1
L.A. Dodgers 4 Chicago Cubs 0
Miami at Washington
Philadelphia at N.Y. Mets
Cincinnati at St. Louis
San Francisco at Colorado
San Diego at Arizona
Tuesday's results
Chicago Cubs 3 L.A. Dodgers 2
San Francisco 5 Colorado 3
St. Louis 6 Cincinnati 1
Milwaukee 7 Pittsburgh 6
Atlanta 2 Cleveland 0
Arizona 10 San Diego 9 (10 inn.)
Washington 2 Miami 1
N.Y. Mets 5 Philadelphia 0
Thursday's games
All times Eastern
Philadelphia (Martin 2-2) at N.Y. Mets (Torres 2-2), 1:10 p.m.
Milwaukee (Gallardo 9-9) at Pittsburgh (Cole 6-6), 7:05 p.m.
Miami (Koehler 3-8) at Washington (Gonzalez 7-6), 7:05 p.m.
Cleveland (Jimenez 9-8) at Atlanta (Medlen 10-12), 7:10 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Toronto	8	5	3	0	244	209	10
Hamilton	8	4	4	0	203	219	8
Montreal	8	3	5	0	195	239	6
Winnipeg	8	1	7	0	167	247	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Saskatchewan	8	7	1	0	264	177	14
Calgary	8	6	2	0	261	200	12
B.C.	8	5	3	0	207	203	10
Edmonton	8	1	7	0	188	235	2

WEEK 10
Friday's game — All times Eastern
Hamilton at B.C., 10 p.m.
Sunday's game
Winnipeg at Saskatchewan, 4 p.m.
Monday's game
Edmonton at Calgary, 5 p.m.
Tuesday, Sept. 3
Montreal at Toronto, 7:30 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Montreal	12	7	5	41	35	41
New York	11	9	6	38	34	39
Kansas City	11	9	6	36	26	39
Philadelphia	10	8	8	37	37	38
New England	10	9	6	34	24	36
Houston	10	8	6	29	28	36
Chicago	10	10	4	30	34	34
Columbus	8	12	5	29	34	29
Toronto	4	12	9	22	34	21
D.C.	3	17	5	15	41	14

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Salt Lake	13	8	6	48	33	45
Los Angeles	12	9	4	40	32	40
Colorado	10	7	9	33	27	39
Portland	9	4	12	37	26	39
Seattle	11	8	4	31	26	37
Dallas	9	7	10	36	38	37
Vancouver	10	9	6	36	33	36
San Jose	9	10	7	28	37	34
Chivas	5	14	6	24	45	21

Friday's games — All times Eastern
New England at Toronto, 7 p.m.
Portland at Real Salt Lake, 10 p.m.
Saturday's games
Seattle at Columbus, 7:30 p.m.
Montreal at Philadelphia, 7:30 p.m.
D.C. at New York, 8 p.m.
Colorado at Kansas City, 8:30 p.m.
San Jose at Los Angeles, 10:30 p.m.

ADVERTISING ACCOUNT MANAGER

Metro Winnipeg is seeking an aggressive, results-oriented Advertising Sales Representative.

The ideal candidate will utilize creative strategies to customize a broad range of advertising options, including print and online, to support clients in achieving their business objectives. Sales representatives must possess the flexibility and poise necessary to reach out and develop relationships with local businesses.

In addition to a full benefits package and dynamic work environment, Metro offers results-oriented sales representatives the opportunity to achieve high rewards for successful performance.

REQUIREMENTS OF THE POSITION:

- Minimum 2 years of demonstrated success in advertising sales or business-to-business sales.
- Excellent networking, organizational and time management skills.
- Outstanding verbal and written communication skills, including proficiency in Microsoft Office.
- A self-motivated desire to develop new business.
- Some college education or relevant post-secondary training.
- Valid drivers license and a vehicle.
- Media sales to Auto dealers and related businesses is an asset.

Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than August 30, 2013.
PLEASE QUOTE: "SALES REPRESENTATIVE-Winnipeg" in the subject line.
All submissions will be treated as confidential.

metro

Horoscopes

♈ Aries
March 21 - April 20
Others will look to you to lead the way and to make the kind of decisions they are either unable or unwilling to make. It's a big responsibility but you're big enough to shoulder it — and you're a natural leader.

♉ Taurus
April 21 - May 21
You will have to get tough with someone you work with today. You know if you don't, they will take it as a sign of weakness and walk all over you. Don't let it reach that stage.

♊ Gemini
May 22 - June 21
The most important thing now is that you let the world know you cannot be taken for granted. That does not mean go to extremes but find ways to show you are a serious player.

♋ Cancer
June 22 - July 23
Anything that requires careful planning and sustained effort will come easy now and even if you start from a position that is way behind your rivals, you will soon overtake them. You have what they don't: staying power.

♌ Leo
July 24 - Aug. 23
Take a leading role in whatever project you are working on. You don't have to barge in, elbows flying, and knock everyone else out of the way. Just lead by example and others will surley follow.

♍ Virgo
Aug. 24 - Sept. 23
You may have thought that battles with co-workers were a thing of the past, but no such luck. If you are challenged today, you must strike back quickly and decisively.

♎ Libra
Sept. 24 - Oct. 23
Take a risk today if you think the odds are worth it but if you are uncertain then leave well alone. There may be only a dollar or two at stake but if you lose it will feel like a million.

♏ Scorpio
Oct. 24 - Nov. 22
You will snap at people for the slightest little thing today. With Mars moving through the most ambitious area of your chart you simply cannot be bothered with other people's petty problems.

♐ Sagittarius
Nov. 23 - Dec. 21
You need to be on the move today, so whatever your duties or chores may be, make sure you give yourself some free time. If you get an invite to a social event, take it.

♑ Capricorn
Dec. 22 - Jan. 20
Don't turn down an opportunity for a promotion just because there is a lot more work involved. Since when have you been afraid of rolling up your sleeves and getting stuck in? Show them how it's done.

♒ Aquarius
Jan. 21 - Feb. 19
Give yourself something to aim for and don't stop until you have reached your goal. It may at times seem as if the world is against you but that will encourage you to try harder.

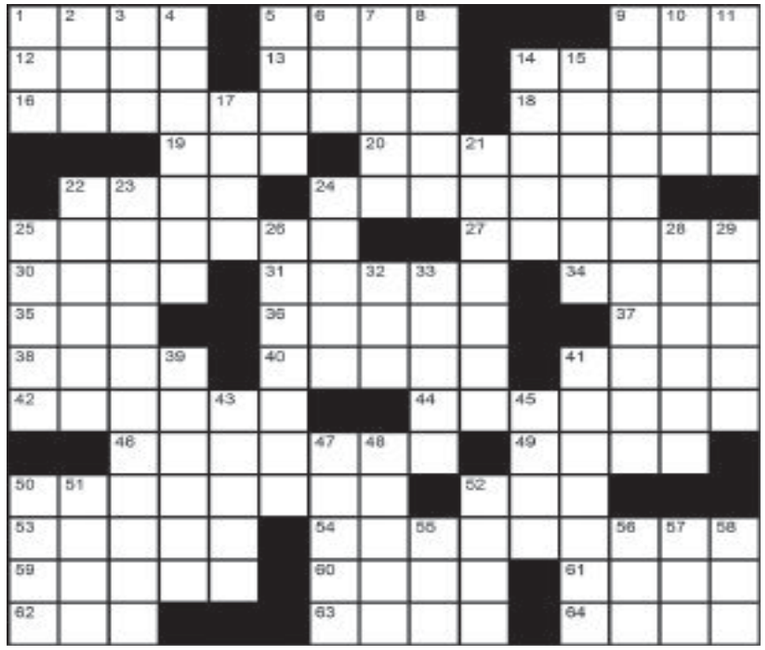
♓ Pisces
Feb. 20 - March 20
Friends and family members will let you know they are there for you today, and that's nice. Not that life will get especially tough over the next 24 hours but it's good to know support is there if you need it.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

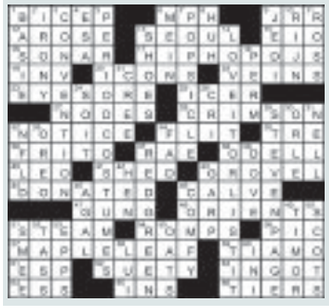
BY KELLY ANN BUCHANAN



Across
1. Types of PC files
5. __ tape
9. 1996 Snoop Dogg album: '__ Doggfather'
12. MTV's "The __ World"
13. Bread spread
14. Taj __
16. CFB __ (Naval base on Vancouver Island)
18. Jane Eyre was her governess
19. Fast rotation meas.
20. Canuck canine
22. Shakira's "__ Don't Lie"
24. Beyonce's sister
25. Eat elsewhere: 2 wds.
27. Parts of things
30. Additional
31. Morning jam spot
34. __ Spring Island, BC
35. Sport-__ (All-purpose vehicle)
36. Tedium
37. Week part
38. Scoop holder
40. Moves toward
41. Hide
42. Results
44. Canadian History: 17-century explorer who acted as an interpreter among First Nations, __ Brule
46. Confidant
49. Pay to play
50. Given a new book name
52. Dieter's stat.
53. Maid on "The Brady Bunch"
54. This thingy - ...in math: 2 wds.
59. Spelunker
60. Mr. Redding
61. Merle Haggard's "__ from Muskogee"
62. Compass dir.
63. Canadian actress Ms. Mitchell on "Pretty Little Liars"
64. "Cool!"

Down
1. Before
2. Iowa's capital, __ Moines
3. Website's help listing, commonly
4. Winnipeg, 'The __ Capital of the World'
5. Actor Mr. DeLuise's
6. 'Form' suffix
7. Classical quartet instrument
8. Wreck
9. Chocolate chip cookie by Canadian food brand President's Choice: 2 wds.
10. Angel's crown
11. Yankee or Oriole, e.g.
14. __ Nixon, soprano whose singing was dubbed in for Natalie Wood in "West Side Story" (1961)
15. Words of wisdom
17. __ facto (By the fact itself, in Latin)
21. John the __
22. Socialite, Paris __
23. Jann Arden hit
24. Castle material
25. Mr. Bigalow, Male Gigolo
26. Fork or spoon
28. "Seinfeld" role
29. Flair
32. Ms. Ortiz of "Ugly Betty"
33. More certain
39. The Kennedys family member
41. Deer, to a carnivore
43. Compound in perfume
45. Pet food brand
47. Audition tapes
48. Meathead's mother-in-law
50. Running competition
51. Panache
52. Occupied
55. Ms. Peeples
56. Pres. Eisenhower
57. Angelina Jolie title role
58. Sandra Bullock movie, "The __" (1995)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		5	4		8			
	6					1	2	
3	8				6	4		
6		1	9				5	
				8				
	2				1	3		9
		3	5				8	2
	4	2					6	
			8		2	7		

Yesterday's Sudoku

5	7	3	6	8	2	1	9	4
2	4	6	3	1	9	5	7	8
1	9	8	7	4	5	6	3	2
7	8	5	1	9	6	4	2	3
4	6	1	2	3	7	8	5	9
3	2	9	8	5	4	7	6	1
8	3	2	5	7	1	9	4	6
6	5	4	9	2	8	3	1	7
9	1	7	4	6	3	2	8	5

Weather

TODAY	FRIDAY	SATURDAY
MAX: 29° MIN: 16°	MAX: 28° MIN: 19°	MAX: 33° MIN: 17°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

Visit metronews.ca
metro

Stewart's Horology
FORMERLY SEARS WATCH REPAIRS
Come see the Watch Doctors
Quality Restorations and Repairs to all Fine Timepieces and Jewellery
Winnipeg Concourse (Beside the escalators) • 204.942.1955 • stewbnz1@mymts.net
2741 Portage Ave • 204.789.9620 • stewartshorology.ca

Everyday Recycling

simplyrecycle.ca

MMSM
Multi-Material Stewardship Manitoba
INDUSTRY FUNDING RECYCLING

Samsung Galaxy S4™

UNLIMIT YOUR WORLD.

Only MTS offers students Unlimited Data in Manitoba.

MTS STUDENT UNLIMITED DATA DEAL

$55*/MONTH

- Unlimited Data in Manitoba
- Unlimited Messaging
- Call Display & Voicemail Lite
- 400 Weekday Minutes

Visit your nearest MTS Connect store for details.

MTS®

*Unless otherwise indicated, all plans available with 12 or 24 month contract when purchasing subsidized hardware. Customers with customer-owned hardware are eligible for month-to-month contract terms. Limited time offer. Subject to change without notice. Conditions apply. You must be at least 18 years old to enter an MTS contract. Must show a valid student I.D. to be eligible for this offer. Unlimited data available in Manitoba only (Canadian data roaming above 400MB is $0.25/MB; US data roaming charged at $3/MB). Unlimited use is subject to MTS's Excessive Use Policy - see mts.ca/excessiveuse for details and information about our Network Management practices. Does not include access gained by connecting handset to personal computer or laptop. Voicemail Lite offers three, one-minute messages that can be saved for up to three days. Text, Picture and Media Messaging: Access and charges may vary depending on hardware. Unless otherwise indicated, unlimited text, picture or media messaging is available only in Canada and to wireless devices that have been activated with a Canadian carrier. © Samsung Electronics Canada Inc. All rights reserved. Samsung is a registered trademark and Samsung Galaxy S4 is a trademark of Samsung Electronics Co., Ltd., used with permission. Screen images simulated. MTS design mark is a registered trade-mark of Manitoba Telecom Services Inc., used under license.